

Fleckney C of E Primary School

Design Technology - Progression of skills: Cooking and Nutrition

Year group/End Points	Activity	Knowledge Progression	Skills Progression
<p>FS</p> <p>Use a range of small tools.</p> <p>Understanding the importance of healthy food choices.</p>	<p>Making a bread roll</p> <p>Easter nests</p> <p>Healthy Eating Game</p>	<p>Know the name of different foods and ingredients.</p> <p>Observe changes in ingredients when they are heated.</p> <p>Know that some food are a 'treat' and these should be limited.</p>	<p>Explore kneading, shaping and mixing.</p> <p>Begin to use basic tools in food preparation.</p>
<p>Yr1</p> <p>Cut ingredients hygienically and safely.</p> <p>Measure or weigh using cups or electronic scales.</p> <p>Know that some foods are a healthier option.</p>	<p>Fruit Salad</p> <p>Healthy Muffins</p>	<p>Name different types of fruit and know that a fruit has seeds.</p> <p>Know that some fruits grow in the UK and that they are harvested for us to eat.</p> <p>Understand what is a healthy choice.</p>	<p>Food Hygiene (Always wash your hands before handling food) Handle a knife safely when cutting. Weigh ingredients using electronic scales, follow a basic recipe.</p>
<p>Yr2</p> <p>Cut, chop or peel ingredients.</p> <p>Assemble Ingredients.</p> <p>Know the principles of a healthy and varied diet to prepare dishes.</p>	<p>Healthy wraps</p>	<p>Name different salad vegetables and know that some are actually fruit.</p> <p>Be able to sort food into the five groups and understand what is a healthy diet.</p>	<p>Food Hygiene, Handling a knife safely, chop, cut (bridge method), Assemble ingredients following their design.</p>
<p>Yr3</p> <p>Follow a recipe.</p> <p>Weigh ingredients to the nearest gram accurately.</p> <p>Know that some food is grown, reared or caught.</p>	<p>Cheese Scones</p>	<p>Know that some food is grown, reared or caught.</p> <p>Know that some foods are processed and are able to describe the journey of cheese from cow to block of cheese in the supermarket.</p>	<p>Follow a recipe. Measure ingredients to the nearest gram. Combine ingredients to make a dough.</p> <p>Use rolling pins and cutters correctly.</p>
<p>Yr4</p> <p>Prepare ingredients following good hygiene.</p> <p>Assemble or cook ingredients controlling the temperature of the oven/hob.</p> <p>Understand seasonality.</p>	<p>Global Food</p> <p>Mexican</p> <p>Japanese</p> <p>Italian</p>	<p>Know where in the world some ingredients come from and how this relates to seasonality.</p> <p>Understand that diets around the world are based on the same food groups.</p>	<p>Prepare ingredients hygienically using a range of utensils.</p> <p>Assemble and cook ingredients following cooking instructions.</p>
<p>Yr5</p> <p>Measure accurately and calculate ratios of ingredients to scale up or down from a recipe.</p> <p>Create and refine recipes, including ingredients.</p>	<p>Bread Recipes</p>	<p>Investigate and analyse a range of products. Develop a design criterion.</p>	<p>Select ingredients to develop a product.</p> <p>Measure accurately and calculate ratios for ingredients to scale up or down a recipe. Develop mixing, kneading and baking skills further.</p>

<p>Yr6</p> <p>Understand and apply the principles of a healthy and varied diet. Know that some food is processed. Demonstrate a range of baking and cooking techniques.</p>	<p>Healthy Snacks</p>	<p>Know which foods belong to the different food groups and how some foods are processed and they can contain food from more than one source. Apply the principles of a healthy and varied diet when selecting ingredients and adapting recipes.</p>	<p>Continue to refine chopping, slicing, mixing and baking/cooking skills further. Adapt a recipe for taste / healthier option. Continue to refine preparation, assembly and cooking techniques.</p>
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