

Food, Nutrition and Cookery Progression Planner

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

	EXPLORE NC Objectives	DISCOVER Skills	Vocabulary (vocab already taught highlighted yellow)	DREAM	Resources/Other
Year 1	<ul style="list-style-type: none"> use the basic principles of a healthy and varied diet to prepare dishes understand where food comes from. 	<p>Breakfast Pancakes Measure using cup measures Cracking and beating an egg Mixing with a whisk Garnishing and decorating (No children to use the hob to cook)</p> <p>Instant Noodle Soup Tearing Crumbling Snipping Grating soft foods Knife skills - Bridge and claw for soft foods</p>	<p>Measure Crack Beat Mix Whisk Tear Snip Grate Bridge Claw</p>	Chef visit – demonstration and assembly	<p>Recipe pack Cookery boxes Induction hob</p>

<p>Year 2</p>	<ul style="list-style-type: none"> • use the basic principles of a healthy and varied diet to prepare dishes • understand where food comes from. 	<p>Fruit Tarts Bridge and claw technique for small pieces of food Peeling soft fruit ‘Hedgehog’ a mango cheek Rolling pastry Using a cutter Decoration and presentation</p> <p>Bread Measure using jug and scales with support Rubbing fat into flour Mixing Kneading Dividing dough Shaping</p>	<p>Measure Bridge Claw</p> <p>Weigh Peel Dough Rise Roll</p> <p>Rolling pin Cut Cutter</p> <p>Presentation Decoration</p> <p>Knead Rub Shape Bake</p>	<p>Chef visit – demonstration and assembly</p>	<p>Recipe pack Cookery boxes Mini ovens</p> <p>ORGANIC FLOUR – introduce organic growing ideas. What is fertiliser? What is pesticide? Why are they used?</p> <p>Discuss how organic flour does not contain chemicals which harm nature.</p>
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<p>Year 3</p>	<ul style="list-style-type: none"> understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. 	<p>Sandwiches Spreading with a knife Knife skills – bridge and claw Peeling soft vegetable Grating cheese Arranging toppings Decorating and garnishing Selecting ingredients for taste and texture</p> <p>Strawberry Cream Tea with scones Measure accurately using scales and jugs Sieving Rubbing fat into flour Adding liquid to flour Mixing Shaping Glazing</p>	<p>Peel Bridge Claw Spread Grate Measure Rub Knead Dough Cut Cutter Shape Weigh Mix Bake Decorate</p> <p>Accurate Scales Ingredients Sieve Garnish Taste Texture Grams Glaze</p>	<p>Chef visit – demonstration and assembly</p>	<p>Recipe pack Cookery boxes Mini ovens</p> <p>ORGANIC FRUIT – discuss organics with the farmer and contrast with other methods. Children to prepare and ask questions of the farmer to find out how he grows the strawberries and other fruit. For example How do you control pests? How do you make sure wildlife is present on the farm? How do you make sure the strawberries grow well? (email contact available)</p>
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<p>Year 4</p>	<ul style="list-style-type: none"> understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. 	<p>Tropical Fruit Crumbles Measure accurately using scales Sieving Rubbing fat into flour Knife skills – bridge and claw Peeling soft and harder fruit Scooping and mashing (baked apples) Use hob to stew fruit (adult supervision) Seasoning to taste with spices and flavourings.</p> <p>Pasta Salad Knife skills – bridge and claw Peeling soft and harder vegetables Grating vegetables Tearing and crumbling cheese Snipping herbs Crushing garlic Seasoning to taste – salt (minimal) pepper chilli Choosing and combining ingredients for taste and flavour.</p>	<p>Peel Bridge Claw Bake Spread Grate Measure Rub Stir Shape Mix Weigh Ingredients Garnish Taste Texture Grams Scales Accurate Sieve Snip Decorate</p> <p>Seasoning Scoop Mash Sprinkle Season Herbs Parsley Coriander Chives Basil Combine Drain</p>	<p>Chef visit – demonstration and assembly</p>	<p>Recipe pack Cookery boxes Mini ovens</p> <p>ORGANIC VEGETABLES – pick and use organically grown veg from school allotment (if available). Children to understand basic principles – discuss with the Growing Lead Teacher about how the veg was grown. Look at the use of compost and how it is made and used on the allotment.</p>
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<p>Year 5</p>	<ul style="list-style-type: none"> understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. 	<p>Stir Fry with chilli Knife skills – bridge and claw Peeling soft and harder vegetables Crushing garlic Seasoning to taste – salt (minimal) pepper soy sauce Using the hob with adult supervision Understanding of ingredients and their effect on flavour – chilli, soy sauce, sesame oil (check for allergens) Tomato Pasta Sauce Knife skills – bridge and claw and combination for onion Peeling harder vegetables Crushing garlic Use of a hob with supervision – understanding simmering and boiling. Fine grating – parmesan Opening cans and tins using a tin opener Suggest alternative flavourings and uses</p>	<p>Bridge Claw Combination Peel Crush Grate Season Ingredients Taste</p> <p>Fry Stir fry Heat Hob Wok Dice Finely Saucepan Soy sauce Sesame Chilli Garlic Simmer Boil Finely grate Sweat (onions) Blitz Hand blender</p>	<p>Chef visit – demonstration and assembly</p>	<p>Recipe pack Cookery boxes Mini ovens</p> <p>ORGANIC TOMATOES– detailed comparison of growing tomatoes with standard and organic methods.</p> <p>https://www.naturespath.com/en-us/blog/organic-versus-non-organic-tomatoes/</p> <p>https://www.abelandcole.co.uk/producer/236/alba-bio</p> <p>How does organic farming benefit people and the environment?</p> <p>Taste test organic and non-organic tomatoes</p>
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<p>Year 6</p>	<ul style="list-style-type: none"> understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. 	<p>Christmas Cakes Weigh and measure accurately Crack eggs Beat eggs Creaming fat and sugar Folding flour into a mixture Scraping bowl with a spatula Timing accurately Decorating</p> <p>WW2 Staffordshire Lobby Knife skills – bridge and claw combination for onion. Peeling soft and hard vegetables such as potato Using the hob with supervision to sweat vegetables. Use and benefits of a slow cooker Seasonality and variations of ingredients</p>	<p>Weigh Measure Accurate Scales Beat Bake Decorate Bridge Claw Combination Peel Hob Ingredients Season Grate Dice Chop</p> <p>Crack (eggs) Creaming Batter Folding Scraping Spatula Timing Slow cooker Stew (verb and noun) Casserole Seasonal</p>	<p>Chef visit – demonstration and assembly</p>	<p>Recipe pack Cookery boxes Mini ovens</p> <p>DISCOVER ORGANIC VEGETABLES – when should we choose organic over standard varieties? Group of children to visit local supermarket to compare products and prices. Feedback to the rest of the class and school (assembly or blog)</p>
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