

Ashwell Primary School
Design & Technology Curriculum
Skills & Knowledge Organiser – Cooking & Nutrition



Cooking & Nutrition – Key Stage 1

		Year 1 – Fruit & Vegetables	Year 2 – A balanced diet
Skills	Design	<ul style="list-style-type: none"> ▪ Designing smoothie carton packaging by-hand or on ICT software 	<ul style="list-style-type: none"> ▪ Designing a healthy wrap based on a food combination which work well together
	Make	<ul style="list-style-type: none"> ▪ Chopping fruit and vegetables safely to make a smoothie ▪ Identifying if a food is a fruit or a vegetable ▪ Learning where and how fruits and vegetables grow 	<ul style="list-style-type: none"> ▪ Slicing food safely using the bridge or claw grip ▪ Constructing a wrap that meets a design brief
	Evaluate	<ul style="list-style-type: none"> ▪ Tasting and evaluating different food combinations ▪ Describing appearance, smell and taste ▪ Suggesting information to be included on packaging 	<ul style="list-style-type: none"> ▪ Describing the taste, texture and smell of fruit and vegetables ▪ Taste testing food combinations and final products ▪ Describing the information that should be included on a label ▪ Evaluating which grip was most effective
Knowledge	Technical	<ul style="list-style-type: none"> ▪ Understanding the difference between fruits and vegetables ▪ To understand that some foods typically known as vegetables are actually fruits (e.g. cucumber) ▪ To know that a blender is a machine which mixes ingredients together into a smooth liquid ▪ To know that a fruit has seeds and a vegetable does not ▪ To know that fruits grow on trees or vines ▪ To know that vegetables can grow either above or below ground ▪ To know that vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber) 	<ul style="list-style-type: none"> ▪ To know that 'diet' means the food and drink that a person or animal usually eats ▪ To understand what makes a balanced diet ▪ To know where to find the nutritional information on packaging ▪ To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar ▪ To understand that I should eat a range of different foods from each food group, and roughly how much of each food group ▪ To know that nutrients are substances in food that all living things need to make energy, grow and develop ▪ To know that 'ingredients' means the items in a mixture or recipe ▪ To know that I should only have a maximum of five teaspoons of sugar a day to stay healthy ▪ To know that many food and drinks we do not expect to contain sugar do; we call these 'hidden sugars'

Cooking & Nutrition – Lower Key Stage 2

			Year 3 – Eating seasonally	Year 4 – Adapting a recipe
Skills	Design		<ul style="list-style-type: none"> ▪ Creating a healthy and nutritious recipe for a savoury tart using seasonal ingredients, considering the taste, texture, smell and appearance of the dish 	<ul style="list-style-type: none"> ▪ Designing a biscuit within a given budget, drawing upon previous taste testing
	Make		<ul style="list-style-type: none"> ▪ Knowing how to prepare themselves and a work space to cook safely in, learning the basic rules to avoid food contamination ▪ Following the instructions within a recipe 	<ul style="list-style-type: none"> ▪ Following a baking recipe ▪ Cooking safely, following basic hygiene rules ▪ Adapting a recipe
	Evaluate		<ul style="list-style-type: none"> ▪ Establishing and using design criteria to help test and review dishes ▪ Describing the benefits of seasonal fruits and vegetables and the impact on the environment ▪ Suggesting points for improvement when making a seasonal tart 	<ul style="list-style-type: none"> ▪ Evaluating a recipe, considering: taste, smell, texture and appearance ▪ Describing the impact of the budget on the selection of ingredients ▪ Evaluating and comparing a range of products ▪ Suggesting modifications
Knowledge	Technical		<ul style="list-style-type: none"> ▪ To know that not all fruits and vegetables can be grown in the UK ▪ To know that climate affects food growth ▪ To know that vegetables and fruit grow in certain seasons ▪ To know that cooking instructions are known as a 'recipe' ▪ To know that imported food is food which has been brought into a country ▪ To know that exported food is food which has been sent to another country. ▪ To understand that imported foods travel from far away and this can negatively impact the environment ▪ To know that each fruit and vegetable gives us nutritional benefits because they contain vitamins, minerals and fibre ▪ To understand that vitamins, minerals and fibre are important for energy, growth and maintaining health ▪ To know safety rules for using, storing and cleaning a knife safely ▪ To know that similar coloured fruits and vegetables often have similar nutritional benefits 	<ul style="list-style-type: none"> ▪ To know that the amount of an ingredient in a recipe is known as the 'quantity' ▪ To know that it is important to use oven gloves when removing hot food from an oven ▪ To know the following cooking techniques: sieving, creaming, rubbing method, cooling ▪ To understand the importance of budgeting while planning ingredients for biscuits

Cooking & Nutrition – Upper Key Stage 2

		Year 5 – What could be healthier?	Year 6 – Come dine with me
Skills	Design	<ul style="list-style-type: none"> Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients Writing an amended method for a recipe to incorporate the relevant changes to ingredients Designing appealing packaging to reflect a recipe 	<ul style="list-style-type: none"> Writing a recipe, explaining the key steps, method and ingredients Including facts and drawings from research undertaken
	Make	<ul style="list-style-type: none"> Cutting and preparing vegetables safely Using equipment safely, including knives, hot pans and hobs Knowing how to avoid cross-contamination Following a step by step method carefully to make a recipe 	<ul style="list-style-type: none"> Following a recipe, including using the correct quantities of each ingredient Adapting a recipe based on research Working to a given timescale Working safely and hygienically with independence
	Evaluate	<ul style="list-style-type: none"> Identifying the nutritional differences between different products and recipes Identifying and describing healthy benefits of food groups 	<ul style="list-style-type: none"> Evaluating a recipe, considering: taste, smell, texture and origin of the food group Taste testing and scoring final products Suggesting and writing up points of improvements in productions Evaluating health and safety in production to minimise cross contamination
Knowledge	Technical	<ul style="list-style-type: none"> To understand where meat comes from - learning that beef is from cattle and how beef is reared and processed, including key welfare issues To know that I can adapt a recipe to make it healthier by substituting ingredients To know that I can use a nutritional calculator to see how healthy a food option is To understand that 'cross-contamination' means that bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects 	<ul style="list-style-type: none"> To know that 'flavour' is how a food or drink tastes To know that many countries have 'national dishes' which are recipes associated with that country To know that 'processed food' means food that has been put through multiple changes in a factory To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork)