



Whiston Willis Primary Academy

Curriculum Progression
Subject: DT (Cooking &
Nutrition)

Where food comes from	Food, preparation, cooking and nutrition
<p data-bbox="203 320 819 363">Across KSI pupils should know:</p> <ul data-bbox="248 419 1005 507" style="list-style-type: none"> <li data-bbox="248 419 1005 507">• That all food comes from plants or animals. <p data-bbox="203 517 909 611">That food has to be farmed, grown elsewhere, (e.g. home) or caught.</p>	<p data-bbox="1149 284 1760 327">Across KSI pupils should know:</p> <ul data-bbox="1193 383 2051 874" style="list-style-type: none"> <li data-bbox="1193 383 2051 477">• How to name and sort foods into the five groups on the eatwell plate. <li data-bbox="1193 483 2051 624">• That everyone should eat at least 5 portions of fruit and vegetables every day. <li data-bbox="1193 630 2051 770">• How to prepare simple dishes safely and hygienically, without using a heat source. <li data-bbox="1193 777 2051 874">• How to use techniques such as peeling, cutting and grating.

Year 1 and 2

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Year 3 and 4	<p>Across KS2 pupils should know:</p> <p>That food is grown (such as tomatoes, wheat and potatoes) reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world.</p>	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> • How to prepare and cook a variety of predominantly savoury dishes safely and hygienically, including where appropriate the use of a heat source. • How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking. <p>In early KS2 pupils should also know:</p> <ul style="list-style-type: none"> • That a healthy diet is made up from a variety and balance of different food and drink, as depicted in the eatwell plate. • That to be active and healthy, food and drink are needed to provide energy for the body.

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Year 5 and 6	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> • That food is grown (such as tomatoes, wheat and potatoes) reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world. <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> • That seasons may affect the food available. • How food is processed into ingredients that can be eaten or used in cooking. 	<p>Across KS2 pupils should know:</p> <ul style="list-style-type: none"> • How to prepare and cook a variety of predominantly savoury dishes safely and hygienically, including where appropriate the use of a heat source. • How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking. <p>In late KS2 pupils should also know:</p> <ul style="list-style-type: none"> • That recipes can be adapted to change the appearance, texture, taste and aroma. <p>That different food and drink contain different substances- nutrients, water and fibre, that are needed for health.</p>