

Cooking and Nutrition
Progression of Knowledge Cycle A

Year R	Year 1	Year 2/3	Year 4/5	Year 6
<p>Soup (forest school unit)</p> <p><u>Children will know:</u></p> <ul style="list-style-type: none"> - Soup is ingredients (usually vegetables and liquid) blended together. -Vegetables are grown. -Recognise and name some common vegetables. -That different vegetables taste different. -That eating vegetables is good for us. -Why different packages might be used for different foods. 	<p>Smoothies</p> <p><u>Children will know:</u></p> <ul style="list-style-type: none"> - A blender is a machine which mixes ingredients together into a smooth liquid. -A fruit has seeds. -Fruits grow on trees or vines. -Vegetables can grow either above or below ground. -Vegetables are any edible part of a plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber). 	<p>Eating Seasonally (Seasonal Tart)</p> <p><u>Children will know:</u></p> <ul style="list-style-type: none"> - Not all fruits and vegetables can be grown in the UK. -Climate affects food growth. -Vegetables and fruit grow in certain seasons. -Cooking instructions are known as a 'recipe'. -Imported food is food which has been brought into the country. -Exported food is food which has been sent to another country. -Eating seasonal foods can have a positive impact on the environment. -Similar coloured fruits and vegetables often 	<p>Developing a Recipe (Bolognese)</p> <p><u>Children will know:</u></p> <ul style="list-style-type: none"> - Where meat comes from - learning that beef is from cattle and how beef is reared and processed. -Recipes can be adapted to suit nutritional needs and dietary requirements. -I can use a nutritional calculator to see how healthy a food option is. -That 'cross-contamination' means bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects. 	<p>Come Dine with Me (Three-Course Meal)</p> <p><u>Children will know:</u></p> <ul style="list-style-type: none"> - 'Flavour' is how a food or drink tastes. -Many countries have 'national dishes' which are recipes associated with that country. - 'Processed food' means food that has been put through multiple changes in a factory. -It is important to wash fruit and vegetables before eating to remove any dirt and insecticides. -What happens to a certain food before it appears on the supermarket shelf (Farm to Fork)

		have similar nutritional benefits. -The appearance of food is as important as taste.	-Coloured chopping boards can prevent cross-contamination. -Nutritional information is found on food packaging. -Food packaging serves many purposes.	
--	--	---	---	--

Cooking and Nutrition
Progression of Knowledge Cycle B

Year R	Year 1	Year 2/3	Year 4/5	Year 6
As above	As above	Balanced Diet (Wraps) <u>Children will know:</u> - 'Diet' means the food and drink that a person or animal usually eats. - What makes a balanced diet. -The five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar. -That I should eat a range of different foods from each food group, and roughly how much of each food group. -That 'ingredients' means the items in a mixture or recipe.	Adapting a Recipe (Biscuits) <u>Children will know:</u> - The amount of an ingredient in a recipe is known as the 'quantity.' - Safety and hygiene are important when cooking. -The following cooking techniques: sieving, measuring, stirring, cutting out and shaping. -The importance of budgeting while planning ingredients for biscuits. -Products often have a target audience.	As above