

Shirley Heath Junior School: Design and Technology

Skills progression and map

	KS1	Year 3		Year 4		Year 5		Year 6	
Cooking and Nutrition: Cooking skills Overview									
Cooking skills	Skill	Year 3 (1)	Year 3 (2)	Year 4 (1)	Year 4 (2)	Year 5 (1)	Year 5 (2)	Year 6 (1)	Year 6 (2)
	Weigh and measure								
	Knife Skills - bridge hold								
	Knife Skills - claw grip								
	Grating								
	Sift								
	Stir / Mix								
	Combine								
	Knead								
	Preparing Fruit / veg								
	Rub-in								
	Shape								
	Rolling								
	Plunge / press								
	Sprinkle								
	Crack egg								
	Cooking / Bake								

	KS1	Year 3	Year 4	Year 5	Year 6
Cooking and Nutrition: Theory					
Eatwell Plate		We need a variety and balance of food (and drinks) to stay healthy, as depicted in the Eatwell Guide Recognise the Eatwell Guide as a model which shows me how to eat healthily. Know which foods belong in which section of foods into the five Eatwell Guide food groups.	Understand that the different proportions of the Eatwell Guide reflect the proportions of foods which should be eaten from each group. Identify and classify ingredients in composite dishes according to the Eatwell Guide food groups. (Much of the food people eat is in the form of dishes or meals with more than one kind of food component in them. For example, pizzas, casseroles, pies, etc are all made with ingredients from more than one food group. These are often called 'combination' or 'composite' foods.) Use the Eatwell Guide model and messages to help me make healthy choices and plan healthy meals and menus for myself and others.	That different types of food provide different amounts of energy and that energy provided by food and drink is measured in kilocalories (imperial) That different amounts of food (portions) provide different amounts of energy and am aware of portion size when choosing food and drinks and it comes from the nutrients carbohydrate, protein and fat and Children should know where to look on food to find nutritional information. That different amounts of energy are needed by the body for different activities and that different people need different amounts of energy.	Explain the basic function of each nutrient (carbohydrate, protein, fat, vitamins and minerals) and can say the main nutrient/s provided by each Eatwell Guide food group. That we need the nutrients - carbohydrate, protein, fat, vitamins and minerals - as well as fibre and water to be healthy and that all food and drink provide nutrients. Be able to identify and interpret the nutrition panel on food packaging and use it to help me make food choices.

Seasonality					
Where food comes from		All food comes from plants or animals and give examples of foods from plant and animal sources. Food has to be farmed, caught, grown or reared (When plants and animals are grown or reared on a large scale for people to eat, it is called farming. Farming is the act or process of working the ground, planting seeds, and growing edible plants. You can also describe raising animals for milk or meat as farming.) Understand that food needs to be processed / prepared before we eat it which means it changes shape and colour etc.			

Hygiene and kitchen safety		That fruit and vegetables need to be prepared before being chopped using bridge method (adults will need to pre prepare food e.g peel, remove skin etc.) Basic hygiene procedure and apply these before handling food (tie back long hair, roll up long sleeves, remove any jewellery, wash my hands)			