



Cooking and Nutrition

As part of their work with food, pupils will 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.

In Years 1 and 2

Pupils will be taught to:

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

In Years 3 – 6

Pupils will be taught to:

- 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.

Food Technology Provision Map

	Autumn	Spring	Summer
Year 1	Fruit Salad / Fruit Kebabs	Sausage Rolls	Savoury Biscuits
Year 2	Basic Bread	Indian Food	Arctic Roll
Year 3	Hummus and Crudités	Chocolate Cake	Fajitas
Year 4	Soup	Tudor Food	Summer Fruit Pudding
Year 5	Mince Pies	Vegetable Cous cous	Juicing (fruit and vegetables)
Year 6	Autumn Fruits and Vegetables	Flavoured Bread	Gateau