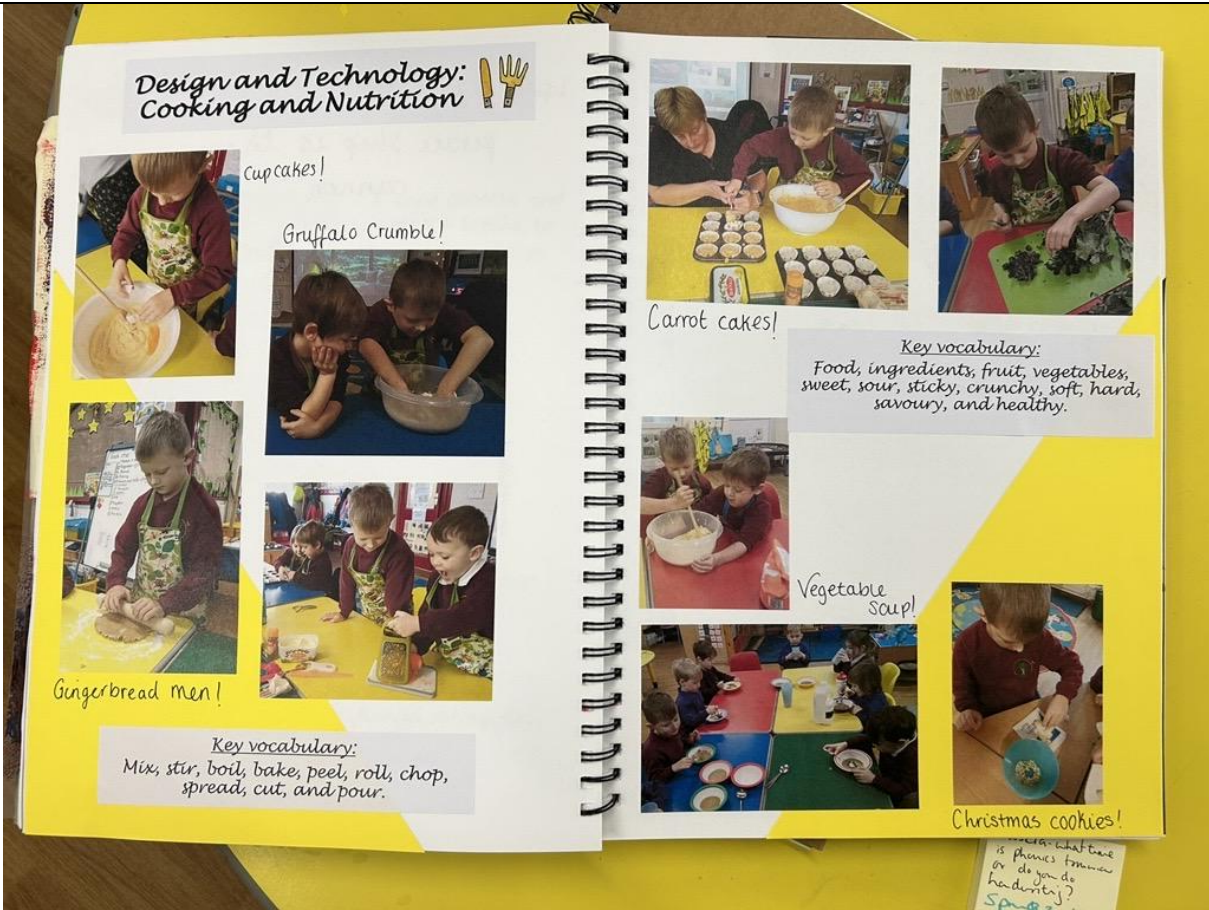
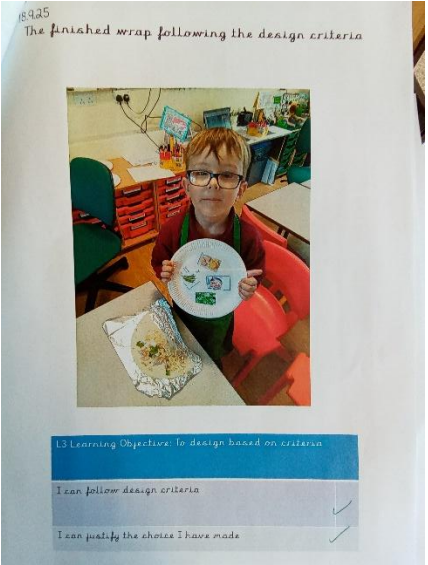
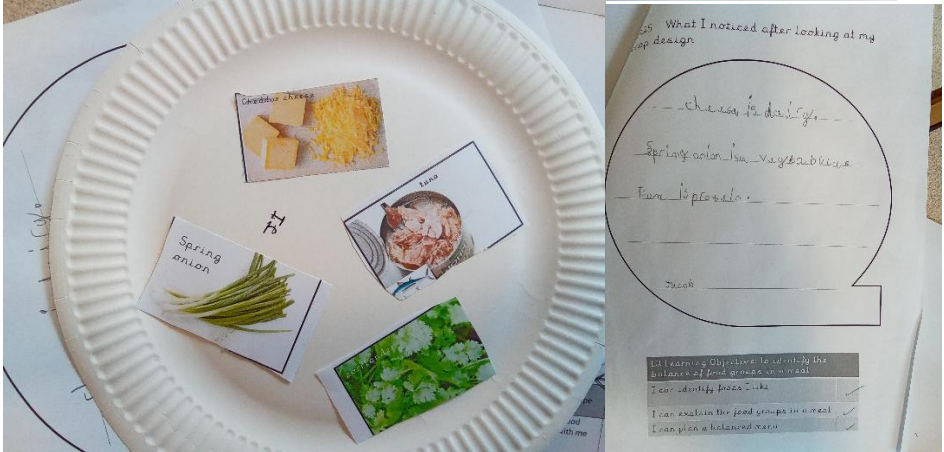


Design & Technology – Food		
Cohort	Drawing Objective	

Reception	- To know that ingredients are amounts of food to make a type of food - To know which foods can be grown - To recognise and name some common foods - To know that foods taste differently - To know that eating fruit and vegetables are good for us	 <i>Design and Technology: Cooking and Nutrition</i> Cupcakes! Gruffalo Crumble! Gingerbread men! <u>Key vocabulary:</u> Mix, stir, boil, bake, peel, roll, chop, spread, cut, and pour. Carrot cakes! <u>Key vocabulary:</u> Food, ingredients, fruit, vegetables, sweet, sour, sticky, crunchy, soft, hard, savoury, and healthy. Vegetable soup! Christmas cookies! is phones for... do you do handwriting?
-----------	--	---

Year 1	A Balanced Diet To know that: • ‘diet’ means the food & drink a person or animal usually eat • You can find nutritional information on packaging • The 5 main food groups are: carbohydrates, fruit & vegetables, protein, dairy & foods high in fat & sugar • Nutrients are substances in food that all living things need to make energy, grow & develop • Ingredients means the items in a mixture or recipe • Only a maximum of 5 teaspoons of sugar should be eaten a day to stay healthy • Many food & drinks we do not expect to contain sugar do; we call these hidden sugars	Autumn 1 2025 – A Balanced Diet  
Year 2	To understand what makes a balance diet To understand that I should eat a range of different foods from each food group, & roughly how much of each food group Smoothies To understand the difference between fruits and vegetables To know that: • Some foods typically known as vegetables are actually fruits (eg cucumber) • a blender is a machine that mixes ingredients together into a smooth liquid • A fruit has seeds & a vegetable does not • Fruits grown on trees or vines • Vegetables can come from different parts of the plant (eg roots, leaves, fruit)	

Y3	Eating Seasonally To know that: • Not all fruits & vegetables can be grown in the UK • Climate affects food growth • Vegetables & fruit grow in certain seasons • Cooking instructions are known as a 'recipe' • Imported foods is food which has been sent to another country	Summer 1 Eating Seasonally
Y4	• Each fruit & vegetable gives us nutritional benefits because they contain vitamins, minerals & fibre • Safety rules for using, storing & cleaning a knife safely • Similar coloured fruits & vegetables often have similar nutritional benefits To understand that imported foods travel from far away & this can negatively impact the environment To understand that vitamins, minerals & fibre are important for energy, growth & maintaining health Adapting a Recipe To know that: • The amount of an ingredient in a recipe is known as the 'quantity' • It is important to use oven gloves when removing hot food from an oven • Following cooking techniques eg; sieving, creaming, rubbing method, cooling To understand the importance of budgeting while planning ingredients for biscuits	

Y5	What Could be Healthier • 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 a nutritional calendar can be used to see how healthy a food option is • To understand that ‘cross-contamination’ means bacteria & germs have been passed onto ready-to-eat foods & it happens when foods mix with raw meat or unclean equipment	Summer 1 Dine With Me
Y6	Come Dine With Us To know that: • ‘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 To understand that it is important to wash fruit & vegetables before eating to remove any dirt & insecticides To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork)	