

Progression of skills – Design and Technology – Cooking and Nutrition

<https://classroom.thenational.academy/units/cooking-and-nutrition-celebrating-culture-and-seasonality-4416>

<https://classroom.thenational.academy/units/cooking-and-nutrition-healthy-and-varied-diets-ec15>

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Design	Designing a soup recipe as a class. Designing soup packaging.	Designing smoothie carton packaging by-hand.	Designing three wrap ideas based on a food combination which work well together.	Designing a recipe for a savoury tart.	Designing a biscuit within a given budget, drawing upon previous taste testing judgements. Designing packaging for a biscuit that targets a specific group.	Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients. Writing an amended method for a recipe to incorporate the relevant changes to ingredients. Designing appealing packaging to reflect a recipe. Researching existing recipes to inform ingredient choices.	Writing a recipe, explaining the key steps, method and ingredients. Including facts and drawings from research undertaken.
Making	Chopping plasticine safely. Chopping vegetables with support.	Chopping fruit and vegetables safely to make a smoothie. Juicing fruits safely to make a smoothie.	Chopping foods safely to make a wrap. Constructing a wrap that meets a design brief.	Following the instructions within a recipe. Tasting seasonal ingredients.	Following a baking recipe, including the preparation of ingredients. Cooking safely, following basic hygiene rules.	Cutting and preparing vegetables safely. Using equipment safely, including knives, hot pans and hobs.	Following a recipe, including using the correct quantities of each ingredient. Adapting a recipe based on research.

			Grating foods to make a wrap. Snipping smaller foods instead of cutting.	Selecting seasonal ingredients. Peeling ingredients safely. Cutting safely with a vegetable knife.	Adapting a recipe to meet the requirements of a target audience. Using a cuboid net to create packaging.	Knowing how to avoid cross-contamination. Following a step by step method carefully to make a recipe.	Working to a given timescale. Working safely and hygienically with independence.
Evaluate	Tasting the soup and giving opinions. Describing some of the following when tasting food: look, feel, smell and taste. Choosing their favourite packaging design and explaining why.	Tasting and evaluating different food combinations. Describing appearance, smell and taste. Suggesting information to be included on packaging. Comparing their own smoothie with someone else's.	Describing the taste, texture and smell of fruit and vegetables. Taste testing food combinations and final products. Describing the information that should be included on a label. Evaluating food by giving a score.	Establishing and using design criteria to help test and review dishes. Describing the benefits of seasonal fruits and vegetables and the impact on the environment. Suggesting points for improvement when making a seasonal tart.	Evaluating a recipe, considering: taste, smell, texture and appearance. Describing the impact of the budget on the selection of ingredients. Evaluating and comparing a range of food products. Suggesting modifications to a recipe (e.g. This biscuit has too many raisins, and it is falling apart, so next time I will use less raisins).	Identifying the nutritional differences between different products and recipes. Identifying and describing healthy benefits of food groups.	Evaluating a recipe, considering: taste, smell, texture and origin of the food group. Taste testing and scoring final products. Suggesting and writing up points of improvements when scoring others' dishes, and when evaluating their own throughout the planning, preparation and cooking process. Evaluating health and safety in production to minimise cross contamination.
Technical knowledge	To know that soup is ingredients (usually vegetables and liquid) blended together.	To know that a blender is a machine which mixes ingredients	To know that 'diet' means the food and drink that a person or animal usually eats.	To know that not all fruits and vegetables can be grown in the UK.	To know that the amount of an ingredient in a recipe is known as the 'quantity.'	To understand where meat comes from - learning that beef is from cattle and - how	To know that 'flavour' is how a food or drink tastes.

	To know that vegetables are grown. To recognise and name some common vegetables. To know that different vegetables taste different. To know that eating vegetables is good for us. To discuss why different packages might be used for different foods.	together into a smooth liquid. To know that a fruit has seeds. To know that fruits grow on trees or vines. To know that vegetables can grow either above or below ground. To know that vegetables is any edible part of a plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber).	To understand what makes a balanced diet. To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar. To understand that I should eat a range of different foods from each food group, and roughly how much of each food group. To know that 'ingredients' means the items in a mixture or recipe.	To know that climate affects food growth. To know that vegetables and fruit grow in certain seasons. To know that cooking instructions are known as a 'recipe'. To know that imported food is food which has been brought into the country. To know that exported food is food which has been sent to another country.. To know that eating seasonal foods can have a positive impact on the environment. To know that similar coloured fruits and vegetables often have similar nutritional benefits. To know that the appearance of food	To know that safety and hygiene are important when cooking. To know the following cooking techniques: sieving, measuring, stirring, cutting out and shaping. To understand the importance of budgeting while planning ingredients for biscuits. To know that products often have a target audience.	beef is reared and processed. To know that recipes can be adapted to suit nutritional needs and dietary requirements. To know that I can use a nutritional calculator to see how healthy a food option is. To understand 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. To know that coloured chopping boards can prevent cross-contamination. To know that nutritional information is found on food packaging. To know that food packaging serves many purposes.	To know that many countries have 'national dishes' which are recipes associated with that country. To know that 'processed food' means food that has been put through multiple changes in a factory. To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides. To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).

				is as important as taste.			
Vocabulary	pumpkin heavy bumpy rough smooth hard spiky big huge orange soft seedy squashy stringy wet slimy squelchy hollow	compare cut design evaluate flavour fork fruit healthy ingredients juice juicer leaf plant recipe root seed select smoothie stem table knife taste tree vegetable vine	appearance balanced carbohydrates chopping board combination cut dairy design design brief diet evaluate feel fruit grate grater ingredients menu oils proteins review scissors smell snip spread spreads table knife taste	complementary country cut design evaluate export fruit grate import ingredients Mediterranean mock-up mountain peel polar seasonal seasons snip taste temperate texture tropical vegetable weather	adapt addition appearance budget buttery combine comment compare construct cream crunchy cuboid cut design evaluate fold hygiene ingredients layout market research modify multiplication opinion pounds sieve sift target audience	abattoir adaptation balanced beef brand cook cross- contamination cut design enhance equipment evaluate farm grate hygiene ingredients label measure nutrient nutrition nutritional value preference press process recipe safety theme	balance bitter bridge method complement cookbook cross- contamination enhance equipment farm to fork flavours ingredients method pairing preparation recipe research salty sour storyboard sweet umami