

# Design & Technology Progression of Skills

## Cooking & Nutrition

Year Groups	Unit	Skills
EYFS	To design a soup.	<b>Where Food Comes From</b> Children should learn that plants have a lifecycle and grow in the ground
		<b>Food Preparation, Cooking and Nutrition</b> Children should begin to learn simple food hygiene Children should practice simple cooking techniques such as mixing, scooping, kneading Children should be able to understand and identify healthy/unhealthy foods Children should begin to sort foods into their appropriate groups
1&2	Year 1 To design a healthy lunch for a school trip	<b>Where Food Comes From</b> Children should learn... That all food comes from plants or animals That food has to be farmed, grown elsewhere (e.g., home) or caught
		<b>Food Preparation, Cooking and Nutrition</b> Children should learn... How to name and sort foods into the five groups in the Eatwell plate That everyone should eat at least five portions of fruit and vegetables every day How to prepare simple dishes safely and hygienically, without using a heat source How to use techniques such as cutting, peeling, and grating
3&4	Year 3 To design a healthy snack for breaktime	<b>Where Food Comes From</b> Children should learn... That different foods grow in different countries and that weather affects what food can grow
	Year 4 To design a cheaper alternative to an existing recipe.	<b>Food Preparation, Cooking and Nutrition</b> Children should learn... That a healthy diet is made up from a variety and balance of different food and drink, as depicted in The eatwell plate That to be active and healthy, food and drink are needed to provide energy for the body
5&6	Year 5 To design a healthier sauce	<b>Where Food Comes From</b> Children should learn... That seasons may affect the food available How food is processed into ingredients that can be eaten or used in cooking
	Year 6 To design a 3 course meal	<b>Food Preparation, Cooking and Nutrition</b> Children should learn... That recipes can be adapted to change the appearance, taste, texture and aroma That different food and drink contain different substances – nutrients, water and fibre – that are needed for health
3-6		<b>Where Food Comes From</b> Children should learn... That food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world
		<b>Food Preparation, Cooking and Nutrition</b> Children should learn... How to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source