

Skills and Knowledge progression Design Technology

Cooking and Nutrition

		Year 1	Year 2	Year 3	Year 6
	Design	Designing smoothie carton packaging by-hand or on ICT software.	Designing a healthy wrap based on a food combination which works well together.	Creating a healthy and nutritious recipe for a savoury tart using seasonal ingredients, considering the taste, texture, smell and appearance of the dish.	Writing a recipe, explaining the key steps, method and ingredients. Including facts and drawings from research undertaken.
Skills	Make	Chopping fruit and vegetables safely to make a smoothie. Identifying if a food is a fruit or a vegetable. Learning where and how fruits and vegetables grow.	Slicing food safely using the bridge or claw grip. Constructing a wrap that meets a design brief.	Knowing how to prepare themselves and a work space to cook safely in, learning the basic rules to avoid food contamination. Following the instructions within a recipe.	Following a recipe, including using the correct quantities of each ingredient. Adapting a recipe based on research. Working to a given timescale. Working safely and hygienically with independence.

Knowledge	Evaluate	<p>Suggesting information to be included on packaging.</p>	<p>Taste testing food combinations and final products.</p> <p>Describing the information that should be included on a label.</p> <p>Evaluating which grip was most effective.</p>	<p>Establishing and using design criteria to help test and review dishes.</p> <p>Describing the benefits of seasonal fruits and vegetables and the impact on the environment.</p> <p>Suggesting points for improvement when making a seasonal tart.</p>	<p>valuating a recipe, considering: taste, smell, texture and origin of the food group.</p> <p>Taste testing and scoring final products.</p> <p>Suggesting and writing up points of improvements when scoring others’ dishes, and when evaluating their own throughout the planning, preparation and cooking process.</p> <p>Evaluating health and safety in production to minimise cross contamination.</p>
	<p>To know that a blender is a machine which mixes ingredients together into a smooth liquid.</p> <p>To know that a fruit has seeds.</p> <p>To know that fruits grow on trees or vines.</p> <p>To know that vegetables can grow either above or below ground.</p> <p>To know that vegetables is any edible part of a plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber).</p>	<p>To know that ‘diet’ means the food and drink that a person or animal usually eats.</p> <p>To understand what makes a balanced diet.</p> <p>To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar.</p> <p>To understand that I should eat a range of different foods from each food group, and roughly how much of each food group.</p> <p>To know that ‘ingredients’ means the items in a mixture or recipe.</p>	<p>To know that vegetables and fruit grow in certain seasons.</p> <p>To know that cooking instructions are known as a ‘recipe’.</p> <p>To know that imported food is food which has been brought into the country.</p> <p>To know that exported food is food which has been sent to another country.</p> <p>To know that eating seasonal foods can have a positive impact on the environment.</p> <p>To know that similar coloured fruits and vegetables often have similar nutritional benefits.</p> <p>To know that the appearance of food is as important as taste.</p>	<p>To know that ‘flavour’ is how a food or drink tastes.</p> <p>To know that many countries have ‘national dishes’ which are recipes associated with that country.</p> <p>To know that ‘processed food’ means food that has been put through multiple changes in a factory.</p> <p>To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.</p> <p>To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).</p>	



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