

St John & St James' C of E Primary School

Cooking and Nutrition - Skills and Knowledge Progression Map



Nursery

ELG - Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.

Where Food Comes From	Food Preparation	Cooking Skills	Nutrition
<ul style="list-style-type: none"> Growing Carrots, Swiss Chard and Salad in class garden Core text - Lulu Plants A Garden (Summer Term) 	<ul style="list-style-type: none"> Visiting the Supermarket. (Autumn Term). Finding ingredients to make a recipe. Making a Class Cake. 	<ul style="list-style-type: none"> Using Cutlery to Eat Independently. Using a butter knife to cut soft food into bite- sized pieces. 	<ul style="list-style-type: none"> Understanding that we need to eat a range of food to be healthy. School lunches - trying everything at least once Throughout the year tasting a range of new foods that link to celebrations and key topics (Seaweed and Rice Crackers for Lunar New Year.

Reception

ELG - Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.

Where Food Comes From	Food Preparation	Cooking Skills	Nutrition
<ul style="list-style-type: none"> Growing Tomatoes and Beans in class garden Growing Cress Planting and tending seeds for yearly PTA plant sale 	<ul style="list-style-type: none"> Preparing Porridge – reflecting on taste and choosing ingredients to enhance flavour. Preparing fruit for fruit tasting (Handa's Surprise - Spring Term) Preparing Chapattis (Summer Term) 	<ul style="list-style-type: none"> Using a butter knife to cut a range or textures/firmness Using a Rolling Pin Safety when Heating (allowing foods to cool before consume or touching) 	<ul style="list-style-type: none"> Understanding that we need to eat some of each food group. Vegetables and fruit are necessary to be healthy School lunches - trying everything at least once. Ensuring you have chosen at least one vegetable.

Year 1

Project: To make a fruit kebab

Where Food Comes From	Food Preparation	Cooking Skills	Nutrition
<ul style="list-style-type: none"> How is fruit grown? Which fruit is grown locally? Which fruit is grown abroad? 	<ul style="list-style-type: none"> Hair tied back Sleeves rolled up Hands are washed Clean utensils thoroughly Using knives safely 	<ul style="list-style-type: none"> Peeling fruit Slicing fruit Squeezing lemons 	<ul style="list-style-type: none"> How many portions of fruit and vegetables should I eat each day? Sorting fruits and vegetables.

Key Vocabulary

Fruit, vegetable, flesh, skin, ingredient, sweet, sour, peeler, knife, slice, squeeze, hygiene

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Year 2

Project: To make a healthy pizza

Where Food Comes From	Food Preparation	Cooking Skills	Nutrition
<ul style="list-style-type: none"> How are tomatoes grown? How is cheese made? How are other pizza toppings grown or created? 	<ul style="list-style-type: none"> Hair tied back Sleeves rolled up Hands are washed Clean utensils thoroughly Using knives safely 	<ul style="list-style-type: none"> Chopping vegetables Grating Cheese Spreading tomato sauce. 	<ul style="list-style-type: none"> What are the five food groups on The Eat Well Plate? Which popular pizza toppings are healthy or unhealthy?

Key Vocabulary

Carbohydrate, protein, fibre, fat, sugar, The Eat Well Plate, healthy, unhealthy, chop, grate, spread, hygiene

Year 3

Project: To create healthy sandwich fillings (One vegetarian/one non-vegetarian)

Where Food Comes From	Food Preparation	Cooking Skills	Nutrition
<ul style="list-style-type: none"> Where are tomatoes grown in the UK? How is cheese made locally? How is tuna caught? 	<ul style="list-style-type: none"> Hair tied back Sleeves rolled up Hands are washed Clean utensils thoroughly Using knives 	<ul style="list-style-type: none"> Chopping vegetables for our sandwiches. Spreading sandwich fillings Mixing sandwich filling ingredients How to adapt a recipe for a vegetarian diet 	<ul style="list-style-type: none"> What are the five food groups on The Eat Well Plate? What foods do we need to provide energy for our bodies? How do we ensure our sandwich fillings contain a range of nutrients? What drinks are good to provide energy for our body? How can we adapt our recipe for a vegetarian?

Key Vocabulary

Carbohydrate, protein, fibre, fat, sugar, energy, nutrients, chop, spread, taste, grown, produced, caught, hygiene

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Year 4

Project: To create cherry tomato and feta focaccia

<https://www.bbcgoodfood.com/recipes/olive-cherry-tomato-feta-focaccia>

Where Food Comes From	Food Preparation	Cooking Skills	Nutrition
<ul style="list-style-type: none"> What is yeast? Why is yeast needed for bread? 	<ul style="list-style-type: none"> Hair tied back Sleeves rolled up Hands are washed Clean utensils thoroughly Using oven gloves 	<ul style="list-style-type: none"> Mixing dough Kneading dough The importance of proving dough. Baking bread in an oven. How to adapt a recipe to improve appearance 	<ul style="list-style-type: none"> The importance of carbohydrates on the human body.

Key Vocabulary

Carbohydrate, protein, fibre, fat, sugar, energy, recipe, appearance, mixing, dough, kneading, proving, baking, oven, hygiene

Year 5

Project: To create savoury muffins to accompany a vegetable soup.

<https://www.bbcgoodfood.com/recipes/savoury-picnic-muffins>

Where Food Comes From	Food Preparation	Cooking Skills	Nutrition
<ul style="list-style-type: none"> Which vegetables are in season? Which vegetables are grown locally? 	<ul style="list-style-type: none"> Hair tied back Sleeves rolled up Hands are washed Clean utensils thoroughly Using oven gloves 	<ul style="list-style-type: none"> Grating vegetables for the muffins. Beating a batter. Baking muffins in an oven. How to adapt a recipe to improve taste. 	<ul style="list-style-type: none"> The importance of fibre on the human body. Vitamins/Minerals found in vegetables.

Key Vocabulary

Carbohydrate, protein, fibre, fat, sugar, energy, recipe taste, in season, seasonality, grating, baking, beating, batter, hygiene

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Year 6

Project: To make refined sugar-free jam tarts for a picnic.

<https://www.sneakyveg.com/healthy-homemade-raspberry-jam-tarts-recipe-refined-sugar-free/>

Where Food Comes From	Food Preparation	Cooking Skills	Nutrition
<ul style="list-style-type: none"> Which fruit is in season? Which fruit is grown locally? 	<ul style="list-style-type: none"> Hair tied back Sleeves rolled up Hands are washed Clean utensils thoroughly Using oven gloves Using a hob 	<ul style="list-style-type: none"> Rubbing butter and flour to make a breadcrumb consistency. Pricking pastry dough with a fork. How to adapt a recipe to improve texture 	<ul style="list-style-type: none"> Are all sugars bad for you? What foods contain natural sugar? What can we add to a traditional jam tart recipe to improve how healthy it is?

Key Vocabulary

Carbohydrate, protein, fibre, fat, sugar, natural sugar, refined sugar, energy, recipe taste, texture, oven, hob, in season, seasonality, rubbing, pricking, hygiene