Sestimary school

Progression in D&T Skills – Food and Nutrition



## Children should be taught to:

Foundation	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Begin to develop a	Begin to understand that	Understand that all food	Start to know that food is	Understand that food is grown	Understand that food is grown	Know that food is grown (such as
food vocabulary using	all food comes from plants	comes from plants or animals.	grown (such as tomatoes,	(such as tomatoes, wheat and	(such as tomatoes, wheat and	tomatoes, wheat and potatoes),
taste, smell, texture	or animals.		wheat and potatoes), reared	potatoes), reared (such as pigs,	potatoes), reared (such as pigs,	reared (such as pigs, chickens and
and feel.		Know that food has to be	(such as pigs, chickens and	chickens and cattle) and caught	chickens and cattle) and caught	cattle) and caught (such as fish) in
	Explore the understanding	farmed, grown elsewhere (e.g.	cattle) and caught (such as fish)	(such as fish) in the UK, Europe	(such as fish) in the UK, Europe and	the UK, Europe and the wider
Explore familiar food	that food has to be	home) or caught.	in the UK, Europe and the	and the wider world.	the wider world.	world.
products e.g. fruit and	farmed, grown elsewhere		wider world.			
vegetables.	(e.g. home) or caught.	Understand how to name and		Understand how to prepare and	Begin to understand that seasons	Understand that seasons may affect
Stir, spread, knead		sort foods into the five groups	Understand how to prepare	cook a variety of predominantly	may affect the food available.	the food available.
and shape a range of	Start to understand how to	in 'The Eat well plate'	and cook a variety of	savoury dishes safely and		
food and ingredients.	name and sort foods into		predominantly savoury dishes	hygienically including, where	Understand how food is processed	Understand how food is processed
	the five groups in 'The Eat	Know that everyone should eat	safely and hygienically	appropriate, the use of a heat	into ingredients that can be eaten	into ingredients that can be eaten
Begin to work safely	well plate'	at least five portions of fruit	including, where appropriate,	source.	or used in cooking.	or used in cooking.
and hygienically.		and vegetables every day.	the use of a heat source.			
	Begin to understand that			Know how to use a range of	Know how to prepare and cook a	Know how to prepare and cook a
Start to think about	everyone should eat at	Demonstrate how to prepare	Begin to understand how to	techniques such as peeling,	variety of predominantly savoury	variety of predominantly savoury
the need for a variety	least five portions of fruit	simple dishes safely and	use a range of techniques such	chopping, slicing, grating, mixing,	dishes safely and hygienically	dishes safely and hygienically
of foods in a diet.	and vegetables every day.	hygienically, without using a	as peeling, chopping, slicing,	spreading, kneading and baking.	including, where appropriate, the	including, where appropriate, the
		heat source.	grating, mixing, spreading,		use of a heat source	use of a heat source
Measure and weigh	Know how to prepare		kneading and baking.	Know that a healthy diet is made		
food items, non	simple dishes safely and	Demonstrate how to use		up from a variety and balance of	Start to understand how to use a	Understand how to use a range of
statutory measures	hygienically, without using	techniques such as cutting,	Start to understand that a	different food and drink, as	range of techniques such as	techniques such as peeling,
e.g. spoons, cups.	a heat source.	peeling and grating.	healthy diet is made up from a	depicted in 'The Eat well plate'	peeling, chopping, slicing, grating,	chopping, slicing, grating, mixing,
			variety and balance of different		mixing, spreading, kneading and	spreading, kneading and baking.
	Know how to use		food and drink, as depicted in	Know that to be active and	baking.	
	techniques such as cutting,		'The Eat well plate'	healthy, food and drink are		Know different food and drink
	peeling and grating.			needed to provide energy for the	Begin to understand that different	contain different substances –
			Begin to know that to be active	body.	food and drink contain different	nutrients, water and fibre – that are
			and healthy, food and drink are		substances – nutrients, water and	needed for health.
			needed to provide energy for		fibre – that are needed for health.	
			the body.			