

Sacred Heart Catholic Primary School Cooking and Nutrition – Skills and Knowledge Progression

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year6	
Eats a healthy range	Pupils will be taught to	understand where	Pupils will be taught to understand and apply the principles of a healthy and varied diet				
of foodstuffs and	food comes from.		To prepare and cook a variety of predominantly savoury dishes using a range of cooking				
understands need for	To use the basic princip	oles of a healthy and	techniques.				
variety in food.	varied diet to prepare o	•	To understand seasonality and know where and how a variety of ingredients are grown,				
(40- 60months)			reared, caught, and processed.				
	Begin to understand	Understand that all	Start to know that	Discuss that food is	Discuss that food is	Know that food is	
Children know the	that all food comes	food comes from	food is grown (such	grown (such as	grown (such as	grown (such as	
importance for good	from plants or	plants or animals.	as tomatoes, wheat	tomatoes, wheat and	tomatoes, wheat &	tomatoes, wheat and	
health of physical	animals.		and potatoes), reared	potatoes), reared	potatoes), reared	potatoes), reared	
exercise, and a		Know that food has	(such as pigs,	(such as pigs,	(such as pigs & cattle)	(such as pigs,	
healthy diet, and talk	Explore the	to be farmed, grown	chickens and cattle)	chickens and cattle)	and caught (such as	chickens and cattle)	
about ways to keep	understanding that	elsewhere (e.g.	and caught (such as	and caught (such as	fish) in the UK,	and caught (such as	
healthy and safe	food has to be	home) or caught.	fish) in the UK,	fish) in the UK,	Europe & the wider	fish) in the UK,	
(ELG)	farmed, grown		Europe and the wider	Europe and the wider	world.	Europe and the wider	
	elsewhere (e.g.	Name and sort foods	world.	world.		world.	
	home) or caught.	into the five groups			Begin to understand		
		in 'The Eat well plate'	Demonstrate how to	Demonstrate how to	that seasons may	Understand that	
	Start to understand		prepare and cook a	prepare and cook a	affect the food	seasons may affect	
	how to name and	Know that everyone	variety of dishes	variety of dishes	available. Understand	the food available.	
	sort foods into the	should eat at least	safely and	safely and	how food is	Understand how	
	five groups in 'The	five portions of fruit	hygienically.	hygienically	processed into	food is processed	
	Eat well plate'	and vegetables every		including, where	ingredients that can	into ingredients that	
	Danis ta sundanatan d	day.	Begin to understand	appropriate, the use	be eaten or used in	can be eaten or used	
	Begin to understand that everyone should	Damas a strata have to	how to use a range of	of a heat source.	cooking.	in cooking.	
	eat at least five	Demonstrate how to	techniques such as	lice a range of	Dropara and sook a	Vnou hou to proporo	
	portions of fruit and	prepare simple dishes safely and	peeling, chopping,	Use a range of techniques such as	Prepare and cook a variety of dishes	Know how to prepare and cook a variety of	
	vegetables every day.	hygienically.	slicing, grating, mixing, spreading,	peeling, chopping,	safely and	dishes safely and	
	vegetables every day.	Hygienically.	kneading	slicing, grating,	hygienically	hygienically,	
	Know how to prepare	Demonstrate how to	Kileduliig	mixing, spreading,	including, where	including, where	
	simple dishes safely	use techniques such		kneading	appropriate, the use	appropriate, the use	
	and hygienically.	as cutting, peeling		Kileduliig	of a heat source.	of a heat source.	
	and myglemeany.	and grating			of a fieat source.	or a fieat source.	
	Know how to use	5			Produce a product	Produce a product	
	techniques such as				that appeals to an	that appeals to an	
	cutting, peeling and				intended customer or	intended customer or	
	grating.				needs. Demonstrate	needs. Demonstrate	
					how to prepare	how to prepare	
					simple dishes safely	simple dishes safely	
					and hygienically	and hygienically	