



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

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Eats a healthy range of foodstuffs and understands need for variety in food. (40- 60months)	Pupils will be taught to understand where food comes from. To use the basic principles of a healthy and varied diet to prepare dishes		Pupils will be taught to understand and apply the principles of a healthy and varied diet To prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. To understand seasonality and know where and how a variety of ingredients are grown, reared, caught, and processed.			
Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe (ELG)	<p>Begin to understand that all food comes from plants or animals.</p> <p>Explore the understanding that food has to be farmed, grown elsewhere (e.g. home) or caught.</p> <p>Start to understand how to name and sort foods into the five groups in 'The Eat well plate'</p> <p>Begin to understand that everyone should eat at least five portions of fruit and vegetables every day.</p> <p>Know how to prepare simple dishes safely and hygienically.</p> <p>Know how to use techniques such as cutting, peeling and grating.</p>	<p>Understand that all food comes from plants or animals.</p> <p>Know that food has to be farmed, grown elsewhere (e.g. home) or caught.</p> <p>Name and sort foods into the five groups in 'The Eat well plate'</p> <p>Know that everyone should eat at least five portions of fruit and vegetables every day.</p> <p>Demonstrate how to prepare simple dishes safely and hygienically.</p> <p>Demonstrate how to use techniques such as cutting, peeling and grating</p>	<p>Start to know 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.</p> <p>Demonstrate how to prepare and cook a variety of dishes safely and hygienically.</p> <p>Begin to understand how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading</p>	<p>Discuss 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.</p> <p>Demonstrate how to prepare and cook a variety of dishes safely and hygienically including, where appropriate, the use of a heat source.</p> <p>Use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading</p>	<p>Discuss that food is grown (such as tomatoes, wheat & potatoes), reared (such as pigs & cattle) and caught (such as fish) in the UK, Europe & the wider world.</p> <p>Begin to understand that seasons may affect the food available. Understand how food is processed into ingredients that can be eaten or used in cooking.</p> <p>Prepare and cook a variety of dishes safely and hygienically including, where appropriate, the use of a heat source.</p> <p>Produce a product that appeals to an intended customer or needs. Demonstrate how to prepare simple dishes safely and hygienically</p>	<p>Know 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.</p> <p>Understand that seasons may affect the food available. Understand how food is processed into ingredients that can be eaten or used in cooking.</p> <p>Know how to prepare and cook a variety of dishes safely and hygienically, including, where appropriate, the use of a heat source.</p> <p>Produce a product that appeals to an intended customer or needs. Demonstrate how to prepare simple dishes safely and hygienically</p>

