



Wentworth Primary School
Key Skills & Knowledge Progression Map
'Striving for Excellence'

Design and Technology: Cooking & Nutrition

For EYFS please see EYFS Progression of Skills Knowledge map

	Foundation	Year 1 Smoothies	Year 2 Balanced diet	Year 3 Eating seasonally	Year 4 Adapting a recipe	Year 5 Developing a recipe	Year 6 Come dine with me
<u>Designing</u>		<p>Designing smoothie carton packaging by-hand.</p> <p>Learning where and how fruits and vegetables grow.</p>	Designing three wrap ideas.	Describing how climate affects where foods grow.	<p>Designing a biscuit within a given budget.</p> <p>Conducting market research.</p>	<p>Researching existing recipes.</p> <p>Suggesting alternative ingredients.</p> <p>Designing a jar label.</p>	Writing a recipe, explaining the key steps, method and ingredients and including facts and drawings from research undertaken.
<u>Making</u>		<p>Chopping fruit and vegetables safely to make a smoothie.</p> <p>Juicing fruits safely to make a smoothie.</p> <p>Identifying if a food is a fruit.</p>	<p>Chopping foods safely to make a wrap.</p> <p>Constructing a wrap that meets a design brief.</p> <p>Grating foods to make a wrap.</p> <p>Snipping smaller foods instead of cutting.</p> <p>Spreading soft foods to make a wrap.</p> <p>Identifying the five food groups.</p>	<p>Identifying seasonal ingredients from the UK.</p> <p>Following the instructions within a recipe.</p> <p>Tasting seasonal ingredients.</p> <p>Peeling foods by hand or with a peeler.</p> <p>Cutting ingredients safely.</p>	<p>Following a baking recipe.</p> <p>Understanding safety and hygiene rules.</p> <p>Adapting a recipe.</p>	<p>Writing an alternative recipe.</p> <p>Understanding cross-contamination.</p> <p>Using preparation skills.</p> <p>Making a developed recipe.</p>	<p>Following a recipe, including using the correct quantities of each ingredient.</p> <p>Adapting a recipe based on research.</p> <p>Working to a given timescale.</p> <p>Working safely and hygienically with independence.</p>

			Learning about a balanced diet.	Choosing ingredients based on a design brief.			
<u>Evaluating</u>		<p>Tasting and evaluating different food combinations.</p> <p>Describing appearance, smell and taste.</p> <p>Suggesting information to be included on packaging.</p> <p>Comparing their own smoothie with someone else's.</p>	<p>Describing appearance, smell and taste.</p> <p>Tasting and evaluating different food combinations.</p> <p>Describing the information that should be included on a label.</p>	<p>Describing the texture and flavour of ingredients.</p> <p>Describing the benefits of seasonal fruits and vegetables and the impact on the environment.</p>	<p>Evaluating an adapted recipe.</p> <p>Evaluating and comparing a range of products.</p> <p>Suggesting modifications.</p>	<p>Explaining the farm to fork process.</p> <p>Analysing nutritional content.</p>	<p>Evaluating 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 in productions.</p> <p>Evaluating health and safety in production to minimise cross contamination.</p>
<u>Technical Knowledge</u>		<p>know that a blender is a machine which mixes ingredients together into a smooth liquid.</p> <p>know that a fruit has seeds and a vegetable does not.</p> <p>know that fruits grow on trees or vines.</p> <p>know that vegetables can grow either above or below ground.</p>	<p>know that 'diet' means the food and drink that a person or animal usually eats.</p> <p>know what makes a balanced diet.</p> <p>know that the 5 main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar.</p>	<p>know that seasonal means foods that grow in a given season in a given country.</p> <p>know some seasonal foods that grow in the UK and what season they grow in.</p> <p>know that eating seasonal foods can have a positive impact on the environment.</p>	<p>know that the amount of an ingredient in a recipe is known as the 'quantity.'</p> <p>know that safety and hygiene are important when cooking.</p> <p>know the following cooking techniques: sieving, measuring, stirring, cutting out and shaping.</p> <p>know the importance of budgeting while</p>	<p>know that beef comes from cows reared on farms.</p> <p>know that recipes can be adapted to suit nutritional needs and dietary requirements.</p> <p>know that nutritional information is found on food packaging.</p> <p>know that coloured chopping boards can prevent cross-contamination.</p>	<p>know that 'flavour' is how a food or drink tastes.</p> <p>know that many countries have 'national dishes' which are recipes associated with that country.</p> <p>know that 'processed food' means food that has been put through multiple changes in a factory.</p> <p>understand that it is important to wash</p>

		<p>know that a vegetable is any edible part of a plant.</p>	<p>know that I should eat a range of different foods from each food group, and roughly how much of each food group.</p> <p>know that 'ingredients' means the items in a mixture or recipe.</p> <p>know how to cut, grate, snip and spread to prepare foods.</p> <p>know how to review and give a score to evaluate.</p>	<p>know how to describe the flavour and texture of foods.</p> <p>know how to cut and peel safely.</p> <p>know that the appearance of food is as important as taste.</p> <p>know that similar coloured fruits and vegetables often have similar nutritional benefits.</p>	<p>planning ingredients for a recipe.</p> <p>know that products often have a target audience.</p>	<p>know that food packaging serves many purposes.</p>	<p>fruit and vegetables before eating to remove any dirt and insecticides.</p> <p>understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).</p>
<p><u>Key Vocabulary</u></p>		<ul style="list-style-type: none"> • Blender • Fruit • Healthy • Ingredients • Recipe • Smoothie • Vegetable • Seed • Root • Leaf • Stem • Flavour • Design • Cut • Juice • Table knife • Juicer • Plant • Bush • Tree 	<ul style="list-style-type: none"> • Appearance • Balanced • Carbohydrates • Combination • Dairy • Design • Design brief • Diet • Feel • Grate • Grater • Menu • Oils • Prepare • Proteins • Review • Scissors • Smell • Snip • Spread 	<ul style="list-style-type: none"> • Arid • Climate • Complementary • Country • Export • Import • Mediterranean • Mock-up • Mountain • Peel • Polar • Seasonal • Seasons • Snip • Temperate • Texture • Tropical • Weather 	<ul style="list-style-type: none"> • Adapt • Addition • Budget • Buttery • Combine • Comment • Construct • Cream • Crunchy • Cuboid • Fold • Hygiene • Layout • Market research • Modify • Multiplication • Opinion • Pounds • Sieve • Sift 	<ul style="list-style-type: none"> • Abattoir • Adaptation • Balanced • Beef • Brand • Cook • Cross-contamination • Develop • Enhance • Equipment • Farm • Label • Measure • Nutrient • Nutrition • Nutritional value • Preference • Press • Process • Safety 	<ul style="list-style-type: none"> • Balance • Bitter • Bridge method • Complement • Cookbook • Farm to fork • Method • Nationality • Reared • Research • Pairing • Preparation • Salty • Sour • Storyboard • Sweet • Umami

		<ul style="list-style-type: none">• Vine• Chopping board• Fork• Taste• Select• Blend• Evaluate• Compare	<ul style="list-style-type: none">• Spreads		<ul style="list-style-type: none">• Target audience• Texture• Unique• Wooden spoon	<ul style="list-style-type: none">• Theme	
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