



Coleshill Church Of England Primary School

Progression of Skills in Design & Technology – Cooking & Nutrition

Our curriculum is about bringing engagement, fun and enthusiasm to learning. We aspire to provide outstanding educational experiences which will inspire children to develop into lifelong independent learners. Our high expectations develop character and pride in our identity as Coleshill Church of England Primary school, preparing every child for their future.

National Curriculum

KS1	KS2
<ul style="list-style-type: none"> • Use the basic principles of a healthy and varied diet to prepare dishes • Understand where food comes from. 	<ul style="list-style-type: none"> • Understand and apply the principles of a healthy and varied diet • Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques • Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Progression of Skills

Year	Overview	Design	Make	Evaluate / Tech Knowledge
Year 1	Children learn how to identify fruits and vegetables then make a smoothie.	To make a smoothie.	Chopping fruit and vegetables safely to make a smoothie. Identifying if a food is a fruit or vegetable. Learning where and how fruits	Tasting and evaluation different food combinations. Describe appearance, smell and taste. Suggesting information to be included on packaging.

			and vegetables grow.	
Year 2	A balanced diet: Pupils explore what makes a balanced diet and taste test combinations of different food groups.	Design a healthy wrap based on the food combination which works well together.	Slicing food safely using the bridge/claw grip. Constructing a wrap that meets a design brief.	Describe taste, texture, and smell of fruit and vegetables. Taste testing food combinations and final products. Understanding what makes a balanced diet.
Year 3	Eating seasonally: Pupils learn about seasonality and how the climate a food is grown in can alter the way it tastes and make skewers using seasonal ingredients.	Create a healthy and nutritious recipe using seasonal ingredients.	Knowing how to prepare themselves and a work space to cook safely in, learning the basic rules to avoid food contamination.	Establish and use design criteria to help test and review dishes. Describe benefits of seasonal fruits and vegetables and the impact on the environment.
Year 4	Adapting a recipe: Pupils adapt a recipe by adding or altering the ingredients and then create final design that falls within a set budget and design brief.	Draw upon previous taste testing, design a recipe within a given budget.	Follow a baking recipe. Cooking safely, following basic hygiene rules. Adapting a recipe.	Evaluate a recipe, considering taste, texture, and appearance. Describe the impact of budget on selection of ingredients.
Year 5	What could be healthier? Adapt a recipe by adding or altering ingredients and learn about the ethical and hygienic issues of food.	Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute	Cutting and preparing vegetables safely. Using equipment safely incl knives, hot pans and hobs.	Identify the nutritional differences between products and recipes. Identify and describe healthy benefits of food groups.

		or add additional ingredients.		
Year 6	Come Dine with me: In groups, children research and prepare a meal that will be taste tested and scored as well as researching the journey of their main ingredient from 'farm to fork'.	Writing a recipe, explaining the key steps, method and ingredients.	Following a recipe incl. using correct quantities of each ingredient. Adapt a recipe based on research.	Evaluate a recipe considering taste, texture and origin of the food group. Suggesting writing up points of improvements in productions.