

Design and Technology - Cooking and Nutrition

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
<p>Begin to develop a food vocabulary using taste, smell, texture and feel.</p> <p>They start to think about the need for a variety of foods in a diet.</p>	<p>Use simple tools with help to prepare food safely.</p> <p>Begin to develop children's peeling and chopping skills.</p>	<p>Use a wider range of cookery techniques to prepare food safely.</p> <p>Understand how to name and sort foods into the five groups in 'The Eat well plate.'</p> <p>Begin to use techniques such as cutting, peeling and grating.</p>	<p>Use a wider variety of ingredients and techniques to prepare and combine ingredients safely.</p> <p>Be able to use a range of techniques such as peeling, chopping, slicing and grating.</p>	<p>Understand seasonality and the advantages of eating seasonal and locally produced food.</p> <p>Read and follow recipes which involve several processes, skills and techniques.</p> <p>Understand how to prepare and cook a variety of predominantly savoury dishes safely and hygienically. Further develop skills including mixing, kneading and baking.</p>	<p>Select appropriate ingredients and use a wide range of techniques to combine them.</p> <p>Gain confidence in the skills of peeling, chopping, slicing, grating, mixing, kneading and baking.</p>	<p>Confidently plan a series of healthy meals based on the principles of a healthy and varied diet.</p> <p>Research, plan and prepare and cook a savoury dish, applying his/her knowledge of ingredients and his/her technical skills</p> <p>Mastery: Children are able to make quality products, evidencing a range of independent cooking skills of a particularly high standard.</p>