



Summerfield Primary School - Design Technology

Cooking and Nutrition Progression across KS1 and KS2

Across KS1 pupils should know -	that all food comes from plants or animals
	that food has to be farmed, grown elsewhere (e.g. home) or caught
	how to name and sort foods into the five groups
	that everyone should eat at least five portions of fruit and vegetables every day
	how to prepare simple dishes safely and hygienically, without using a heat source
	how to use techniques such as cutting, peeling and grating
Across KS2 pupils should 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
	how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source
	how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking
In LKS2	that a healthy diet is made up from a variety and balance of different food and drink
	that to be active and healthy, food and drink are needed to provide energy for the body
In UKS2	that seasons may affect the food available
	how food is processed into ingredients that can be eaten or used in cooking
	that recipes can be adapted to change the appearance, taste, texture and aroma
	that different food and drink contain different substances - nutrients, water and fibre - that are needed for health