

Subject overview Cooking

	Curriculum year A	Curriculum year B	Curriculum year C	Curriculum year D	Curriculum year E	Curriculum year F
Autumn Term 1	<p>Who we are</p> <p>Hygiene and Safety – kitchen rules & hand washing with help. Using basic appliances with help Using basic equipment – with help</p>	<p>How we express ourselves</p> <p>Hygiene and Safety – kitchen rules & PPE- to remember how to get ready to cook Using basic/equipment appliances – begin to use with help & independently.</p>	<p>Who we are</p> <p>Hygiene and Safety – kitchen rules & PPE- to get ready to cook with growing independence. Using basic/equipment appliances – begin to use with growing independence.</p>	<p>How we express ourselves</p> <p>Hygiene and Safety – kitchen rules & PPE- to get ready to cook independently. Using appliances / equipment –independently and explain techniques</p>	<p>Who we are</p> <p>Hygiene and Safety – for preparing to cook, during cooking and storage of food. Using appliances / equipment responsibly and demonstrate techniques</p>	<p>How we express ourselves</p> <p>Hygiene and Safety – Controlling appliances / equipment responsibly and demonstrate and reflect techniques.</p>
Autumn Term 2	<p>Ingredients & Tasting Use, name and recognise a basic range of ingredients.</p>	<p>Ingredients & Tasting Use, recognise and name an increasing range of ingredients</p>	<p>Ingredients & Tasting Know and use a variety range of ingredients used around the world</p>	<p>Ingredients & Tasting Know and demonstrate how ingredients need to be prepared before they are eaten</p>	<p>Ingredients & Tasting Describe how to grow some foods and demonstrate the use of some of these as ingredients</p>	<p>Ingredients & Tasting Know that ingredients are prepared differently depending on culture, country, custom and religion. Explain where to find different ingredients in a shop.</p>
Spring Term 3	<p>Where we are in place and time</p> <p>Healthy Eating Know and talk about food and water to stay alive. Know and talk about different foods depending of time of day</p>	<p>How we organise ourselves</p> <p>Healthy Eating Know that a variety and balance of food are needed to stay healthy Eatwell Guide – include some foods from other parts of the world.</p>	<p>Where we are in place and time</p> <p>Healthy Eating Use the Eatwell guide to plan healthy meals for self an others. Know how many drinks are needed in a day including hot or active days.</p>	<p>How we organise ourselves</p> <p>Healthy Eating Know that different factors can affect food choices e.g. availability, cost, advertising, pressure.</p>	<p>Where we are in place and time</p> <p>Healthy Eating Know and understand the nutrients, carbohydrate, protein, fat, vitamins, minerals, fibre and water Explain the basic function of each nutrients.</p>	<p>How we organise ourselves</p> <p>Healthy Eating Identify and interpret the nutrition panel on food packaging and use it to make good choices.</p>
Spring Term 4	<p>Where we are in place and time</p> <p>Healthy Eating Know and talk about different foods depending on occasion and lifestyle.</p>	<p>How we organise ourselves</p> <p>Healthy Eating Know what people around the world eat depends on reasons of availability, preferences, resources, time, culture and religion.</p>	<p>Where we are in place and time</p> <p>Healthy Eating Identify and classify ingredients in composite dishes according to the Eatwell Guide food groups.</p>	<p>How we organise ourselves</p> <p>Healthy Eating Know that different people need different amounts of energy.</p>	<p>Where we are in place and time</p> <p>Healthy Eating Know and understand that food and drink is measured in kilojoules / kilocalories.</p>	<p>How we organise ourselves</p> <p>Healthy Eating A focus on developing a healthy relationship with food</p>
Summer Term 5	<p>Sharing the planet</p> <p>Food & Farming Know all foods come from plants and animals</p>	<p>How the world works</p> <p>Food and Farming Be able to give examples of foods from plant and animal sources</p>	<p>Sharing the planet</p> <p>Food and Farming Be able to name the sources of common ingredients found in different dishes and meals.</p>	<p>How the world works</p> <p>Food and Farming Give examples of some foods made by animals</p>	<p>Sharing the planet</p> <p>Food and Farming Know which part of the plant different food come from.</p>	<p>How the world works</p> <p>Food and Farming Find out about the ingredients used in different dishes, where they come from and where they are produced.</p>
Summer Term 6	<p>Sharing the planet</p> <p>Food and Farming Know some foods which are from the local area.</p>	<p>How the world works</p> <p>Food and Farming Name foods which grow above ground and those which grow below ground.</p>	<p>Sharing the planet</p> <p>Food and Farming Give examples of foods that grow in different seasons in the UK and discuss why.</p>	<p>How the world works</p> <p>Food and Farming Give examples of foods which grow in different places due to climate and conditions.</p>	<p>Sharing the planet</p> <p>Food and Farming Give some examples of foods from different animals</p>	<p>How the world works</p> <p>Food and Farming Know that foods from animals can come from different parts of the animal</p>