

Food 2024-2025

	Evaluate	Project/Make	Skills	Knowledge
Nursery	Toast made with different breads and different boiled eggs.	Toast and egg breakfast	Spread butter Using a toaster	Safety using a toaster and boiling water. Use of timer. Where eggs come from. How bread is made. How butter is made. Changes during cooking. Know why it is important to wash hands before handling food.
Reception	Fruit from Oliver's Fruit Salad story	Fruit salad for Oliver	Peel (by hand), slice, chop	Build upon understanding of hygiene. Know the name of fruit. Where the fruit comes from. Fruit in season. How some fruit browns when cut. Know that fruit is good for us but contains sugar.
Y1	Different dips	Dip with vegetables for the Easter Bunny	Peel (vegetable peeler), slice, chop, cut, blend (hand blender), juicer	Know the name of salad vegetables. How to prepare salad vegetables. Know that vegetables are good for us. Know where the vegetables come from. Begin to know when vegetables are in season.
Y2	Make a taster smoothies containing different fruit combinations and with/without yoghurt/seeds and conduct a survey to see which people prefer.	Tropical smoothie.	Peel, slice, chop, blend in a smoothie maker	Build on knowledge of fruit and include some tropical fruit. Begin to understand about air miles. Know where yoghurt comes from and how it is made. Understand what happens when the fruit and yoghurt are combined in a smoothie. Know where seeds come from and their health benefits. Know what the addition of yoghurt does. Understand that fruit contains sugar. Follow safe procedures for food safety and hygiene.

<p>Y3</p>	<p>Evaluate a sweet carrot muffin and a savoury one for taste and appearance. Evaluate vegetables for taste and appearance.</p>	<p>Savoury muffin to replace the sweet one in Miss Stone's lunchbox.</p>	<p>Grate, sieve, mix, weigh, bake</p>	<p>Build on knowledge of healthy eating and think about how to include more vegetables in the diet. Know that food and drink play a part in being active and healthy. Weigh ingredients to follow a recipe. Know how to control the heat of an oven. Know how to use an oven safely. Follow safe procedures for food safety and hygiene.</p>
<p>Y4</p>	<p>Evaluate different soups. Evaluate the taste of soup when spices are added.</p>	<p>Soup and garlic bread to be eaten at Forest School</p>	<p>Weigh, chop, grate, dice, slice, crush, puree, blend, season, to taste</p>	<p>Understand the ingredient list and nutritional information on a shop-bought tin of soup. Know what nutrition means. Know that vegetables are good for health and why. Know the names of different vegetables. Know when vegetables are in season. Be able to name some common herbs/spices (thyme, coriander, basil, salt, pepper, garlic). Know how boiling affects vegetables. Know how to control the heat of a hob. Know how to use a hob safely. Learn about the chemist Dr John T. Dorrance. Building upon knowledge of bread, know how wheat is grown for flour.</p>
<p>Y5</p>	<p>Carry out a market research of healthy/energy-type bars with EYFS class. Find out about food allergies and intolerances</p>	<p>Energy bar for EYFS sports day</p>	<p>Weigh, sieve, melt, dissolve, roll</p>	<p>Begin to understand that different food and drink contain different substances that support a healthy lifestyle and that some foods/nutrients give us energy. Begin to understand what is meant by a food intolerance and allergy and how this impacts on food/ingredient choices. Know which kitchen tools are needed to make the bars. Able to scale-up a recipe. Able to use heat source safely. Be hygienic and safe in the kitchen Know about Jamie Oliver and his quest to make school meals more healthy.</p>

<p>Y6</p>	<p>Find out about Spanish tapas. Evaluate tortillas. Evaluate salad dressings.</p>	<p>Spanish tortillas with a dressed green salad for end of school celebration</p> <p>Design a promotional board for the product including a cross section of the tortilla.</p>	<p>Weigh, slice, chop, whisk, fry, flip</p>	<p>Know how to fry in a frying pan safely. Know how to control the heat of a frying pan. Build on knowledge of seasoning and adding spices to a dish and to know how different spices grow and are harvested. Build upon knowledge of food intolerances/allergy to include vegan, kosher, vegetarian, pescatarian. Know vegetable oil and olive oil can be used in cooking and know how they come from and how they are made. Know different types of lettuce/green salad vegetables. Consider fair trade and air miles when making choices about ingredients. Work to a cost budget.</p>
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