

Newton Tony Primary School CE VC
Design and Technology Key Facts

Cooking and Nutrition

EYFS Reception Year	I know that soup is ingredients (usually vegetables and water) blended together
	I can recognise and name some common vegetables eg.potato, carrot, pea.
	I know vegetables are grown either above or below ground.
Year 1	I know that fruits grow on trees or vines.
	I know that vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit:cucumber).
	I know that many food and drinks we do not expect to contain sugar do; we call these 'hidden sugars'.
Year 2	I understand that I should eat a range of different foods from each food group, and roughly how much of each food group. Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar.
	I know that nutrients are substances in food that all living things need to make energy, grow and develop.
	I know that I should only have a maximum of five teaspoons of sugar a day to stay healthy.
Year 3	I know that each fruit and vegetable gives us nutritional benefits because they contain vitamins, minerals and fibre.
	I know safety rules for using, storing and cleaning a knife safely
	I understand that imported foods travel from far away and this can negatively impact the environment.
	I know that 'flavour' is how a food or drink tastes.
Year 4	I know that the amount of an ingredient in a recipe is known as the 'quantity.'
	I know that it is important to use oven gloves when removing hot food from an oven.
	I know the following cooking techniques: sieving, creaming, rubbing method, cooling.
	I understand the importance of budgeting while planning ingredients for biscuits.
Year 5	I understand where meat comes from - learning that beef is from cattle and how beef is reared and processed, including key welfare issues.
	I understand that 'cross-contamination' means bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects.
	I know that I can adapt a recipe to make it healthier by substituting ingredients.
	I know that I can use a nutritional calculator to see how healthy a food option is.
Year 6	I know that many countries have 'national dishes' which are recipes associated with that country.
	I understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.
	I know that 'processed food' means food that has been put through multiple changes in a factory.
	I understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).