



Design and Technology Progression - Cooking and Nutrition

	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Where food comes from	Across EYFS pupils will:	Across KS1 pupils will:	Across KS2 pupils will:	
		Know that all food comes from plants or animals. Know that food has to be farmed, grown elsewhere (e.g. home) or caught.	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.	
				In upper KS2 pupils will also: Know that seasons may affect the food available. Know how food is processed into ingredients that can be eaten or used in cooking.
Food preparation, cooking and nutrition		Name and sort foods into the five groups in the Eatwell Guide. Know that everyone should eat at least five portions of fruit and vegetables every day. Know how to prepare simple dishes safely and hygienically, without using a heat source Know how to use techniques such as cutting, peeling and grating.	Across KS2 pupils will:	
			Know how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source. Know how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.	
			In lower KS2 pupils will also: Know that a healthy diet is made up from a variety and balance of different food and drink, as depicted in the Eatwell Guide. Know that to be active and healthy, food and drink are needed to provide energy for the body.	In upper KS2 pupils will also: Know that recipes can be adapted to change the appearance, taste, texture and aroma Know that different food and drink contain different substances – nutrients, water and fibre – that are needed for health.