

# Food Technology

<b>Key Stage One</b> <ul style="list-style-type: none"> <li>• use the basic principles of a healthy and varied diet to prepare dishes</li> <li>• understand where food comes from</li> </ul>		
	<b>NC Knowledge Skills</b>	
<b>Rainbow Y1 Amethyst Y1</b>	<p>Explain where local foods originate from – is it a plant or animal?</p> <p>understand that food has to be farmed, grown elsewhere (e.g. home) or caught;</p> <p>Name and sort foods into the five groups in the Eatwell Guide</p>	<p>Cut, peel and grate safely, with support.</p>
<b>Amethyst Y1 Amber Y2</b>	<p>Explain where in the United Kingdom different foods originate from;</p> <p>Discuss how fruit and vegetables are healthy.</p> <p>Explain Eatwell plate to others</p>	<p>Understand that everyone should eat at least five portions of fruit and vegetables every day and start to explain why</p> <p>Cut, peel or grate ingredients safely and hygienically.</p>

## Key Stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

	NC Knowledge	Skills	Topic
<p><b>D / R</b></p> <p><b>Quartz</b></p>	<p>Learn when, where and how food is grown (such as herbs, tomatoes and strawberries) in the UK, Europe and the wider world;</p> <p>Explain hygiene and keep a hygienic kitchen.</p> <p>Understand how to prepare and cook a variety of predominantly savoury dishes safely</p> <p>Use a heat source to cook ingredients showing awareness of the need to control the temperature of the hob and/or oven;</p> <p>Explain that a healthy diet is made up of a variety and balance of different food and drink, as represented in the Eatwell Guide</p> <p>Understand that to be active and healthy nutritious food and drink are needed to provide energy for the body;</p>	<p>start to understand seasonality and how it affects the environment</p> <p>Cut, peel and grate with increasing confidence.</p> <p>Use equipment safely.</p> <p>start to independently follow a recipe;</p> <p>Prepare ingredients hygienically using appropriate utensils.</p> <p>Assemble or cook ingredients (controlling the temperature of the oven or hob, if cooking).</p> <p>Use a range of techniques such as mashing, whisking, crushing, grating, cutting, kneading and baking: prepare ingredients using appropriate cooking utensils;</p> <p>Measure ingredients to the nearest gram accurately.</p>	

**A /E**

know, explain and give examples of food that is grown (such as pears, wheat and potatoes), reared (such as poultry and cattle) and caught (such as fish) in the UK, Europe and the wider world;

Plan with greater independence to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source;

Understand about seasonality, how this may affect the food availability and plan recipes according to seasonality;

Explain that foods contain different substances, such as protein, that are needed for health and be able to apply these principles when planning and preparing dishes;

Measure accurately and calculate ratios of ingredients to scale up or down from a recipe.

Create and refine recipes, including ingredients, methods, cooking times and temperatures.

Demonstrate how to use a range of cooking techniques, such as griddling, grilling, frying and boiling;