

Design and Technology Cooking and Nutrition Curriculum Overview

		Prepare a variety of savoury dishes.			Understand the principles of a healthy and varied diet.	Understand seasonality, and how a variety of ingredients are grown, reared or processed
		Cooking Activity	Links	Cooking skills and processes		
Year Three	Term 1	Egg mayonnaise Or Potato Salad	Egg Farm Suffolk (6 Mins) Egg Farm Berkshire (3 mins) Egg packing	<ul style="list-style-type: none"> • Peeling eggshell • Mashing with a fork • Mixing ingredients • Adding seasoning • Boiling in water (adults) • Using a timer 	<p>Know that humans need food in order to have energy and to grow.</p> <p>Know that humans cannot make their own food, so eat plants and animals to get their energy and nutrition.</p> <p>Know that some foods come from plants and some foods come from animals</p>	<p>Eggs</p> <ul style="list-style-type: none"> • Farming • Factors affecting seasonality
	Term 2	Goujons- Fish or Tofu	Fish Goujons Trawler fishing video Brixham Fisherman-	<ul style="list-style-type: none"> • Measure amounts in g • Cutting- kitchen knife • Beating an egg • Coating in breadcrumbs • Dusting a baking tray • Using a timer • Using a baking tray 	<p>Know that different foods provide the body with different nutrition.</p> <p>Know that we need different types of food to stay healthy.</p> <p>Know that one food type is protein and humans need proteins to build and repair bones and muscles.</p>	<p>Fish</p> <ul style="list-style-type: none"> • Fishing-how they are caught • Processing from sea to shop
	Term 3	Making flat bread	Flat Bread	<ul style="list-style-type: none"> • Measure amounts in g • Mixing a dough by hand • Dusting a work surface • Kneading a dough • Dusting a baking tray • Using a baking tray • Testing food is cooked 	<p>Know the names of a range of proteins (fish, tofu, cheese)</p>	<p>Wheat/Flour</p> <ul style="list-style-type: none"> • Farming • Processing to flour

Year Four	Term 1	Pasta and pomodoro sauce.	Pomodoro Sauce Pasta-Inside the Factory	<ul style="list-style-type: none"> • Measure amounts in g • Cutting/chopping • Opening a can • Using a hand blender • Boiling in water (adults) • Simmering a liquid • Using a timer 	<p>Know that a healthy diet has a range and balance of food types.</p> <p>Know that the balance does not need to be achieved over every meal but over a day or week.</p> <p>Know that proteins, carbohydrates and fruit and vegetables are needed for a healthy diet.</p> <p>Apply the principles of a healthy diet to a design</p>	<p>Tomatoes</p> <ul style="list-style-type: none"> • Growing <p>Wheat/Flour/Pasta</p> <ul style="list-style-type: none"> • Farming • Processing to flour • Processing flour to pasta
	Term 2	Roast chicken or alternative and bread rolls	Bread rolls Roast a chicken Wheat growing and making flour (3 mins) Bread making factory (3 mins)	<ul style="list-style-type: none"> • Know cooking times • Using a baking tray • Using a timer • Testing food is cooked • Using measuring spoons • Mixing a dough by hand • Kneading a dough • Proving a dough • Dusting a baking tray 	<p>Know the fruit and vegetables are a good source of vitamins and fibre</p> <p>Know the approximate proportions of the 'healthy plate'</p>	
	Term 3	Omelette	Basic omelette	<ul style="list-style-type: none"> • Using measuring spoons • Beating a mixture • Cutting and chopping • Grating ingredients • Roasting vegetables • Using a hot pan safely 	<p>Know a wider range of food which are sources of proteins and that all these foods build and repair muscle and bones.</p>	<p>Eggs</p> <ul style="list-style-type: none"> • Farming • Processing • Factors affecting seasonality
Year Five	Term 1	Pancakes	Pancake recipe	<ul style="list-style-type: none"> • Cracking an egg • Measure amounts in g • Measure amounts in ml • Using measuring spoons • Beating a mixture • Using a hot pan safely 	<p>Know that humans get energy from food containing carbohydrates</p> <p>Know that fruit and vegetables, starchy foods and sugars are three different types of carbohydrate</p> <p>Know that different carbohydrates give the body different nutrition.</p>	<p>Wheat/Flour Eggs</p> <ul style="list-style-type: none"> • Farming • Processing • Factors affecting seasonality

	Term 2	Fried Plantain and Fruit salad	Tropical Fruits The Pineapple Story Nigerian Fruit Market (5 mins in)	<ul style="list-style-type: none"> Using a kitchen knife Frying in oil (adults) 	<p>Know the names of a wide variety of fruits</p> <p>Know that fruits are rich in vitamins and minerals and a source of fibre</p>	Pineapple <ul style="list-style-type: none"> Farming Processing pineapple for supermarkets Factors affecting seasonality
	Term 3	Macaroni Cheese	Macaroni Cheese Somerset Cheese Making video	<ul style="list-style-type: none"> Measure in grammes Measure in ml Grating ingredients Set oven temperature Boiling in water Making a roux Baking in the oven Using a timer 	<p>Be able to name the ingredients which are sources of carbohydrates and sources of proteins in the dishes they have made</p>	Cheese <ul style="list-style-type: none"> Processing milk into cheese
Year Six	Term 1	Jacket Potatoes and fillings	Baked Potato Filling Recipes South Lincolnshire potatoes	<ul style="list-style-type: none"> Measure in grammes Use a kitchen knife Set oven temperature Baking in the oven Using a timer Testing food is cooked 	<p>Know that fat is an essential part of a healthy diet</p> <p>Know that fat is a rich source of energy and can be stored by the body.</p> <p>Know that some fats are better for the body than others and be able to name some unsaturated fats</p> <p>Be able to design a meal with a range of healthy carbohydrates and proteins</p>	Potatoes <ul style="list-style-type: none"> Farming Harvesting Processing
	Term 2	Pizza		<ul style="list-style-type: none"> Measure in grammes Use measuring spoons Mixing a dough by hand Dust a work surface Use a kitchen knife Grate ingredients Set oven temperature Bake in the oven Use a timer 	<p>Know a food pyramid is another way of showing the proportions of different food in a healthy diet</p> <p>Know the main food groups of a range of ingredients.</p>	Wheat/Flour <ul style="list-style-type: none"> Processing

	Term 3	Meringue		<ul style="list-style-type: none"> • Separate eggs • Measure in grammes • Measure in ml • Whisk using a blender • Set oven temperature • Bake in the oven • Use a timer 	<p>Know the main food groups of a range of ingredients.</p> <p>Know that saturated fat should be eaten in small quantities as part of a balanced and healthy diet</p>	<p>Eggs</p> <ul style="list-style-type: none"> • Farming • Processing • Factors affecting seasonality
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