



DT – Cooking Progression of Knowledge and Skills

	EYFS The Hungry Caterpillar Fruit Caterpillars	Year One – Fruit Salad	Year Two – Soups / Smoothies	Year Three – Subway Salads (Greek themed)	Year Four – Pizza	Year Five - Burgers	Year Six – Samosas
From the NC/ELG's for EYFS	Expressive Arts and Design <u>Creating with Materials ELG</u> - Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form, and function. - Share their creations, explaining the process they have used;	- Use the basic principles of a healthy and varied diet to prepare dishes. - Understand where food comes from.	- 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.				

	<u>Managing Self</u> <u>ELG</u> Children at the expected level of development will: Understand the importance of healthy food choices.		
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Key Knowledge

Know Where Food Comes From	As a designer, we will: - Role play shopping for ingredients in the supermarket /writing shopping lists. - Know the importance of healthy and unhealthy food choices.	As a designer, we will: - Begin to understand that all food comes from plants or animals. Roots - beetroot, carrot, parsnip, potato stems - asparagus, ginger, and sugarcane leaves -	As a designer, we will: - Know that food has a journey from where it is produced to where it is sold. - Know that some foods are organic.	As a designer, we will: Begin to 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.	As a designer, we will: Understand that food is grown, reared and caught in the UK, Europe and the wider world.	As a designer, we will: - Understand that seasons may affect the food available. - Be able to name the food groups of each ingredients and explain where it has come from.	As a designer, we will: - Understand that seasons may affect the food available. - Be able to name the food groups of each ingredients and explain where it has come from.
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		spinach, lettuce, celery flowers - artichoke, cauliflower, broccoli seeds -rice, peas, peanuts fruits -apple, cucumber, tomato.					
		Understand where some fruits come from. Which fruits are grown in England/UK. Which come from other countries?					
Nutrition	As a designer, we will: Start to think about the need for a variety of foods in a diet.	As a designer, we will: Understand fruit contains fibre. Some fruits contain vitamins.	As a designer, we will: Understand how to name and sort foods into the five groups in 'The Eat well plate.'	As a designer, we will: Know that to be active and healthy, food is needed to provide energy for the body.	As a designer, we will: - Understand that a balanced diet is healthy. - Begin to understand how	As a designer, we will: Understand how food is processed into ingredients that can be eaten or used in cooking –	As a designer, we will: Understand how food is processed into ingredients that can be eaten or used in cooking –

				Design and make a balanced meal which contains carbohydrates, protein, dairy, vegetables and fat.	ingredients can be used to change flavours of food produced.	experimenting with different flavours from different ingredients.	experimenting with different flavours from different ingredients.
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Key Skills

Cooking Skills	As a designer, we will: Begin to develop a food vocabulary using taste, smell, texture and feel.	As a designer, we will: Begin to develop children's peeling and chopping skills such as bridge, claw and fork secure.	As a designer, we will: Begin to use techniques such as peeling and grating and improve cutting skills such as bridge, claw and fork secure.	As a designer, we will: Be able to use a range of techniques such as peeling, chopping, slicing and grating.	As a designer, we will: - Understand how to prepare and cook a variety of predominantly savoury dishes safely and hygienically. - Further develop skills including mixing, kneading and baking.	As a designer, we will: - Using their knowledge and skills, know how to prepare and cook savoury dishes safely and hygienically. - Gain confidence in the skills of peeling, chopping, slicing, grating, mixing, binding and shaping.	As a designer, we will: - Using their knowledge and skills, know how to prepare and cook savoury dishes safely and hygienically. - Become increasingly skilled at peeling, chopping, slicing, grating, mixing. Bridge hold, claw grip,
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