




FOOD TECHNOLOGY KNOWLEDGE AND SKILLS PROGRESSION 2022 2023

	Skills	Technical Knowledge	Curriculum Links	Cooking and Nutrition	Key Vocabulary
	Link to recipes: Healthy Recipes 2023				
Nursery	<p>Combine basic given ingredients to create a dish</p> <p>Use basic equipment to combine prepared ingredients</p>	<p>To learn how eating food is needed for growth and to be healthy and how food can be enjoyed with others</p> <p>Be aware that we need to eat more of some foods and less of others.</p> <p>Understand that food that has been dropped on the floor, touched with dirty hands or has turned mouldy should not be eaten and can make people ill.</p>	<p>Communication and Language Expressive Arts and Design Understanding the world. Personal, Social and Emotional Development. Literacy</p>	<p>Autumn Term: Milkshake</p>  <p>Spring Term: Chocolate and Banana Mash - linked to Fair Trade</p>  <p>Summer Term: Fruit Salad and Fruit Juice linked to Handas Surprise</p> 	<p>taste smell strawberry fruit pineapple mango chocolate banana</p>

Link to recipes: [Healthy Recipes 2023](#)

Using hands (with support) to shape dough into simple shapes (eg salt dough)

With physical guidance, spoon cold food on to a plate

Peel fruit using their hands

Are able to use cutlery to eat a meal

To know that food can be grown or bought from shops

Identify foods that they like and dislike

Recognise some familiar ingredients (eg fruits)

Communication and Language
Expressive Arts and Design
Understanding the world.
Personal, Social and Emotional Development.
Literacy

Autumn Term: Super Green Spinach Smoothie (Monster Smoothie)



Spring Term: Rice cake Vegetable Cake - link to literacy Oliver's Vegetables



Summer Term: Mini Pita Appetisers and Fruit Kebab



smoothie
smell
vegetable
rice cake
plate
knife
fork

Reception

Chopping fruit and vegetables safely with adult supervision

Cutting and peeling fruit and vegetables safely with adult supervision

Grating soft foods such as cheese, cucumber with adult supervision

Spreading soft ingredients such as jam, butter

Understanding the difference between fruits and vegetables

To know that a blender is a machine which mixes ingredients together into a smooth liquid

To know that a fruit has seeds and a vegetable does not

To know that fruits grow on trees or vines

To know that vegetables can grow either above or below ground

To know that vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber)

To know that cooking instructions are known as a 'recipe'.

Literacy
PSHE
Science
Geography

Link to recipes:
[Healthy Recipes 2023](#)



Autumn Term:
Pumpkin Soup

Spring Term: Jam Sandwiches, Pancakes



Summer Term: Fruit Smoothie



fruit
vegetable
seed
leaf
root
stem
healthy
carton
design
flavour
peel
slice

Year 2

Cut, peel and grate ingredients safely and hygienically

Mix, stir and sift ingredients with adult supervision

Measure ingredients using different size measuring spoons e.g. liquids

Slicing food safely using the claw grip technique

Use simple fractions to refer to ingredients such as half/quarter

Slicing food safely using the bridge or claw grip.

To know that 'diet' means the food and drink that a person or animal usually eats.

To understand what makes a balanced diet.

To know where to find the nutritional information on packaging.

To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar.

To understand that I should eat a range of different foods from each food group, and roughly how much of each food group.

To know that nutrients are substances in food that all living things need to make energy, grow and develop.

To know that 'ingredients' means the items in a mixture or recipe.

To know that I should only have a maximum of five teaspoons of sugar a day to stay healthy.

Literacy
PSHE
Science
Geography

Link to recipes: [Healthy Recipes 2023](#)

Autumn Term: Tropical Rainbow Fruit Kebabs



Spring Term: Fufu (link to literacy)



Chocolate Bananas - link to Fairtrade

Summer Term: Cress Sandwiches



Crescent Moon Shaped Biscuits (Linked to EID)

soft, juicy, crunchy, sweet, sticky, smooth, sharp, crisp, sour, hard flesh, skin, pip, core, slicing, peeling, cutting, squeezing, healthy diet, ingredients

Link to recipes: [Healthy Recipes 2023](#)

To be able to use a range of techniques such as peeling, chopping, slicing, cutting and grating.

Measure using a measuring jug with support from an adult

Mix and Whisk food using a hand whisk

Spoon a mixture using a spoon to transfer ingredients into a container (ice-cream)

To know that vegetables and fruit grow in certain seasons.

To know that cooking instructions are known as a 'recipe'.

To know that exported food is food which has been sent to another country.

To understand that imported foods travel from far away and this can negatively impact the environment.

To know that each fruit and vegetable gives us nutritional benefits because they contain vitamins, minerals and fibre.

To understand that vitamins, minerals and fibre are important for energy, growth and maintaining health.

To know that similar coloured fruits and vegetables often have similar nutritional benefits.

Literacy
PSHE
Science
Geography

Autumn Term:
Cucumber Snacks (linked to the BFG)
Snozzcumber Sandwiches



Spring Term: Couscous



Pizza (linked to Skills Builder project)



Summer Term:
Kosovan Stuffed Whole Peppers (linked to RE)



Equipment, utensils, techniques texture, taste, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, hygienic,

Link to recipes: [Healthy Recipes 2023](#)

To be able to use a range of techniques such as peeling, chopping, slicing, cutting and grating.

Spoon a mixture using a spoon to transfer ingredients into different shapes and size containers (liquid foods into muffin case)

Cut medium resistance foods with a vegetable knife and party prepared foods using a bridge hold e.g. cut half a tomato into a quarter

Mix and Whisk food using a hand whisk

To know that the amount of an ingredient in a recipe is known as the 'quantity.'

To know that it is important to use oven gloves when removing hot food from an oven.

To know the following cooking techniques: sieving, creaming, rubbing method, cooling.

To understand the importance of budgeting while planning ingredients

Literacy
PSHE
Science
Geography

Autumn Term: Vegan Muffins



Spring Term: Ice cream (linked to Skills Builder)



**Summer Term:
Ugandan Rolex Breakfast (Linked to Geography-Africa)**



edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested varied diet

Year 4

To be able to develop skills Of peeling, chopping, mixing, kneading and baking

Cut high resistant foods with a vegetable knife using the claw grip eg carrots

Grate firmer foods such as carrots

To understand where meat comes from - learning that beef is from cattle and how beef is reared and processed, including key welfare issues.

To know that I can adapt a recipe to make it healthier by substituting ingredients.

To know that I can use nutritional calculator to see how a healthy food option is.

Literacy
PSHE
Science
Geography
History

Link to recipes: [Healthy Recipes 2023](#)

Autumn Term: Brazilian Feijoada (linked to Geography)



Spring Term: Victorian Bread and Butter (linked to history)



Summer Term: Rainbow layered Salad in a jar (linked to PSHE)



yeast, dough, bran, flour, spice, herbs fat, sugar, carbohydrate, protein, vitamins, nutrients, nutrition, varied, gluten, dairy, allergy, intolerance, savoury, source, seasonality utensils, combine, fold, knead, stir, pour, mix, rubbing in, whisk, beat, roll out, shape, sprinkle, crumble

Link to recipes: [Healthy Recipes 2023](#)

Cut high resistant foods from whole using the bridge hold eg halve an apple/ raw potato

Grate using the zest part of a grater e.g. lemon, orange

Measure using measuring jug independently and accurately

To know that 'flavour' is how a food or drink tastes.
To know that many countries have 'national dishes' which are recipes associated with that country.

To know that 'processed food' means food that has been put through multiple changes in a factory.

To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.

To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).

To 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.

Literacy
PSHE
Science
Geography

Autumn Term: Wartime Oaty Biscuits (linked to History WW2)



Spring Term: Bread Rolls and Duchess Soup (linked to Fairtrade)



Summer Term: Healthy Smoothie (Design my own healthy nutritious smoothie linked to PSHE)



processed
Wholemeal,
Unleavened,
baking soda,
gluten, dairy,
Allergy,
intolerance

