

	Year 5	Year 6	Year 7	Year 8
Nutrition and food provenance knowledge	To explore balanced diets to maintain our health.	To demonstrate an understanding how the Eat Well guide can be used to maintain a healthy and balanced diet.	To demonstrate an awareness of dietary restrictions and how The Eatwell Guide includes alternative choices within the food groups. eg meat can be exchanged for proteins such as lentils or beans.	N/A
	To identify and categorise foods into groups.	To be able to identify three macro-nutrients, carbohydrate, protein and fat. To explain how they are found in certain foods/groups and have different, essential functions in the body.	Demonstrate an understanding of the concept of the seven nutrients required for life and how dietary restrictions can lead to deficiency.	N/A
	To understand where certain foods and ingredients come from and an awareness of seasons.	To be able to modify a recipe to reflect seasonality. Eg, adding blackberries to an apple crumble in autumn.		To explain how food choices can impact the environment, community and animal welfare, for example, Fairtrade, Food miles and farming methods.
Preparation and cooking techniques	To hold, carry and use a sharp knife safely. Apply the bridge and claw to cut, slice and chop fruits and soft ingredients.	To facilitate the bridge and claw to dice fruit and vegetables evenly, including dicing an onion.	To demonstrate correct use of the bridge and claw to dice fruit and vegetables with precision and accuracy.	To make decisions when to use the bridge and claw to independently dice, slice and chop fruits, vegetables and meat with precision, accuracy.
	To use the oven safely with support.	To use the oven independently. To use the hob to boil, simmer and saute.	Use the oven independently to bake a range of dishes. Use the hob to make sauces, including roux and bolognese sauce.	Use the oven to produce batches of products, including time management. Use the hob to thicken sauces and cook meat safely.
	To create a basic dough through rubbing-in (eg cut-out scones) and basic batters (eg muffins).	Implement the rubbing-method independently to then shape and form a dough (eg cheese straws, pizza swirls).	Create a bread dough using a kneading technique. Shape and form bread dough (eg rolls, pizza).	Create, shape and finish pastry dough (eg pasties, Danish pastries, pie tops).
	To consider alternative ingredients (eg toppings and seasonings).	To modify and adapt a base recipe. Eg selecting own toppings, herbs and seasonings.	To suggest alternative ingredients in line with dietary restrictions. eg vegetarianism.	Adjusting a dish by taste to suit their own and families needs and preferences.
	Use a range of cooking and preparation techniques to produce a variety of predominately savoury dishes.	To implement a wider range of cooking and preparation techniques to produce a variety of predominately savoury dishes.	Demonstrate competency in using a range of cooking and preparation techniques to produce a variety of predominantly savoury dishes.	To develop independence in using a range of cooking and preparation techniques to produce a variety of predominately savoury dishes.
	To follow a recipe with support after teacher demonstration or instruction.	To demonstrate increasing independence when following a recipe with support after teacher demonstration or instruction.	Take more responsibility for the pace of making and management of space and resources.	To make an immediate start and ask for help when necessary and interpret a written/pictorial recipe.
	To use own judgement to judge readiness and assess timings.	To use own judgement to judge readiness and start to take responsibility for timings.	Make own judgements regarding cooking time and start to identify visual cues to resolve issues.	To assess issues and adapt to solve any issues during cooking.
Health, safety and hygiene	To understand the safety and hygiene rules of the kitchen environment including preparing self for practical lessons eg tying hair back, washing hands, wearings aprons etc.	N/A	N/A	N/A
	To be able to explain that some foods are perishable and must be chilled to maintain quality and hygiene.	To be able to explain that foods are perishable and must be chilled to maintain quality and hygiene. Explain the concept of high risk foods eg meat.	To identify that high risk foods can cause cross-contamination. To show an awareness of methods to prevent food poisoning.	To apply knowledge of hygiene and bacteria when using high risk foods to prevent food poisoning.
	Demonstrate washing up processes and appropriate cleaning routines.	Demonstrate effective washing up processes and appropriate cleaning routines, taking responsibility for maintaining a hygienic work space.	Demonstrate effective washing up processes and appropriate cleaning routines, taking responsibility for maintaining a hygienic work space. Use cooking time to manage cleaning tasks.	Demonstrate effective washing up processes and appropriate cleaning routines and take responsibility for maintaining a hygienic work space. To use cooking time to manage cleaning tasks and identify and respond to high risk ingredients and situations.
Recipe ideas	Fruit salad, vegetable cous cous, frittata, palmiers, pitta pizzas, cheese wraps, fruit crumble, smoothies, beans on toast.	Cheese straws, pasta salad, ragu sauce, scone pizza swirls, breakfast bites, toasted sandwiches, marble cake, layered desserts, cheesy pasta.	Bread, bread rolls, pizza, scones, shortbread, bread and butter pudding, savoury pinwheels, jam tarts, modified muffins, Bolognese, stir fry, egg fried rice.	Curry, chilli con carne, sweet and sour chicken, chicken fajitas, samosas, chow mein, chicken pie, squidgy chocolate pudding, sausage pasta pot, Danish pastries, quiche, cake decoration.
Key Vocabulary	Hygiene, Hazard, Safety, Bridge, Claw, Celcius °c, Pre-heat, Bacteria, Rubbing-in, Seasoning, Weighing, Measuring, Grams (g), Millilitres (ml), Chopping, Slicing, Dicing, Boiling, Aeration, Baking, Portion control, Balanced diet, Food group, Seasonal.	Nutrients, carbohydrates, macro-nutrients, protein, fat, Eatwell Guide, balanced, vitamins, minerals, fibre, reduction, rubbing-in, boiling, draining, slicing, dicing, simmering	vegetarian, vegan, allergy, intolerance, anaphylactic, coeliac, halal, kosher, rubbing-in, frying, kneading, julienne, simmering, blind-baking, gluten	balance, layering, repetition, hygiene, combining, sauting, coating, sieving, seasoning, Fairtrade, factory farming, ethical, seasonality