

DT curriculum in Y4 - Cooking and Nutrition

Rationale

In Y4 opportunities are planned for to ensure that all pupils begin to understand that there are different food types and to know some examples of these which help us in keeping a balanced and varied diet. Children will be helped to see how different foods and drinks provide different substances that the body needs and help to keep people healthy and active. Consider how our bodies would be without. The children will be helped to see that food often has a journey to make before it ends up on our plates but also seasonality. Think about the different ways food needs to be grown, caught etc. and how far food can come from. Consider the importance and value of locally produced food. Recipes will be varied and there will be a purpose to the food preparation linked to a community event.

Prior Knowledge	Learning	Future Learning
<p>In Y2 pupils are taught to:</p> <ul style="list-style-type: none"> • Understand the need for a variety of food in a diet. • Understand that all food has to be farmed, grown or caught. • Use a wider range of cookery techniques to prepare food safely. • <p>In Y3 pupils are taught to:</p> <ul style="list-style-type: none"> • Talk about the different food groups and name food from each group. • Understand that food has to be grown, farmed or caught in Europe and the wider world. • Use a wider variety of ingredients and techniques to prepare and combine ingredients safely. 	<p>In Y4 pupils are taught to:</p> <ul style="list-style-type: none"> • Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active. • Understand seasonality and the advantages of eating seasonal and locally produced food. • Read and follow recipes which involve several processes, skills and techniques. 	<p>In Y5 pupils are taught to:</p> <ul style="list-style-type: none"> • Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable/tasty to eat. • Select appropriate ingredients and use a wide range of techniques to combine them. • Use his/her research into existing products and his/her market research to inform the design of his/her own innovative product. <p>In Y6 pupils are taught to:</p> <ul style="list-style-type: none"> • Confidently plan a series of healthy meals based on the principles of a healthy and varied diet. • Use information on food labels to inform choices. • Research plan and prepare and cook a savoury dish, applying his/her knowledge of ingredients and his/her technical skills.

<p>Key Vocabulary - farmed, grown or caught, locally produced, food vocabulary using taste, smell, texture and feel plants, animals, home, healthy, grown, diet, active safe, peel, chop, spread, utensils and tools recipe food and drinks</p>		