

DT curriculum in Y5 - Cooking and Nutrition

Rationale

In Y5 opportunities are planned for to ensure that all pupils begin to understand that there are different processes for food preparation in order to keep us safe and well. To focus on processed foods and examples of this. 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. Think about the different way food needs to be grown, caught etc. and how far food can come from. Consider the importance of different techniques in food preparation and how food can change when combined.

Prior Knowledge

In Y3 pupils are taught to:

- 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.

In Y4 pupils are taught to:

- 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.

Learning

In Y5 pupils are taught to:

- 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.

Future Learning

In Y6 pupils are taught to:

- 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.

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| <ul style="list-style-type: none">• Understand seasonality and the advantages of eating seasonal and locally produced food.• Read and follow recipes which involve several processes, skills and techniques.• | | |
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Key Vocabulary - farmed, grown or caught, locally produced, processed, combined
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