



Cooking & Nutrition

Curriculum Links:

- 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

Key Facts:

- Know a recipe can be adapted by adding/substituting ingredients
- Seasonality affects which foods are available and where we get our food from
- Food is grown, reared and caught in the UK, Europe and the wider world
- Know that food is processed into ingredients that can be eaten or used in cooking
- Adapting a recipe can change the taste, texture or aroma

Key Skills:

- Use a range of preparation techniques confidently such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking
- Use a range of cooking techniques such as baking, boiling, frying, grilling
- Prepare and cook a variety of dishes safely and hygienically
- Present products well, ensuring they are appropriate for their target audience

Possible experiences:

- Farm visit
- Chef/restaurant visit
- Bake sale to parents
- Invite parents in for a meal

We should already know:

- Understand and the principles of a healthy and varied diet
- Where food comes from



Key Vocabulary

Calories	A unit of energy—the amount of energy that food provides
Reared	To care for young animals until they are able to care for themselves
Savoury	Food which is salty or spicy and not sweet in taste
Seasonality	Something which changes according to the seasons
Sustainability	Causing little or no damage to the environment and therefore able to continue for a long time
Sweet	Has a taste similar to sugar, not bitter or salty