

Whole School Framework for Design and Technology – Cooking

The National Curriculum Programmes of Study for KS1 and 2 state:

One of the aims for D&T is ‘understand and apply the principles of nutrition and learn how to cook’

Subject Content states:

KS1 – ‘select from and use a wide range of materials and components including ingredients’

KS2 – ‘select from and use a wider range of materials and components including Ingredients’

Cooking and Nutrition has its own section which states:

Cooking and nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

Key stage 2

- 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.

Our development of Cooking and Nutrition is planned as follows:

There should be at least one opportunity per term to deliver a 'cooking' activity. Where possible this should be linked to the existing curriculum for that year group

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS	Fruit salad, Gingerbread men, Making biscuits, Making bread rolls, Fairy cakes, Pizzas, Chocolate nests, Milkshakes, Sandwiches					
1			Sandwiches for a Royal picnic			Fruit Salad
2		Guacamole and Salsa with Mexican food Fajitas		Eggs		Designing Sandwiches/cakes/ Biscuits for a picnic basket
3	On toast		Cookies with raisins/fruit		Tomato pasta	
4	Cheese on Toast		Fruit muffins		Cheesy pasta bake	
5		Toasted Sandwiches	Fruit breads		Pasta bake with tuna or hot dog sausages	
6		Paninis		Pasties		Pasta Bolognese