

Cooking and Nutrition

About cooking and nutrition

Cooking and nutrition provides opportunities for children to learn about where food comes from, how food is grown, reared or caught and the effect of seasonality on the availability of food. They also learn about the principles of healthy eating and how to prepare and cook dishes safely and hygienically using a range of techniques. Cooking and nutrition is taught alongside designing and making within a D&T food project.



KS1 - Cutting, peeling and grating

KS1 children should learn how to use skills and techniques such as cutting, peeling and grating. It is important that children understand that we need certain skills and techniques to be able to make food products.

Cooking & nutrition

Key Stage 1

Key Stage 2

Where food comes from

Across KS1 pupils should know:

- that all food comes from plants or animals
- that food has to be farmed, grown elsewhere (e.g. home) or caught

KS1 - Five groups in the Eatwell Guide

In KS1 children should be able to name and sort foods into the five groups from the Eatwell Guide. They should know that a healthy diet comprises food and drinks from each of the food groups.

Food preparation, cooking and nutrition

Across KS1 pupils should know:

- how to name and sort foods into the five groups in the Eatwell Guide
- that everyone should eat at least five portions of fruit and vegetables every day
- how to prepare simple dishes safely and hygienically, without using a heat source
- how to use techniques such as cutting, peeling and grating

Early KS2 - Variety and balance in the Eatwell Guide

Building on their previous experience in KS1, early KS2 children should know that we need to eat a variety and balance of food and drinks to stay healthy, as depicted in the Eatwell Guide.

Across KS2 pupils should know:

- that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world

In late KS2 pupils should also know:

- that seasons may affect the food available
- how food is processed into ingredients that can be eaten or used in cooking

Across KS2 pupils should know:

- how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source
- how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking

In early KS2 pupils should also know:

- that a healthy diet is made up from a variety and balance of different food and drink, as depicted in the Eatwell Guide
- that to be active and healthy, food and drink are needed to provide energy for the body

In late KS2 pupils should also know:

- that recipes can be adapted to change the appearance, taste, texture and aroma
- that different food and drink contain different substances – nutrients, water and fibre – that are needed for health

KS2 - Peeling, chopping, slicing, grating, mixing, spreading, kneading and baking

Across KS2 children should learn how to use skills and techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.

