

Key Stage 2 Food and Nutrition

In Key Stage 2 pupils are 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 are be taught to

1. Understand and apply the principles of a healthy and varied diet.
2. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
3. Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.
4. Taught about foods from different cultures.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Breakfast Health and safety rules What makes breakfast? Why is it important? Making a hot drink Making toast Eggs and the versatility	Developing kitchen skills Learning how to correctly use different equipment - e.g. knife grip, grating, peeling, slicing. Using different	British Foods Researching different dishes which are typically British and understanding the origins of the dish. Looking at produce that is	European Food Making popular food that has originated from countries across Europe. To include: Spaghetti bolognese Pizza Gyros Turkish kebabs Belgian	Asian Food Looking at the different regions of Asia and examining how the food varies. Trying food which is typically grown in Asia. Experiencing new foods they may not have tried	Asian Food Looking at the different regions of Asia and examining how the food varies. Trying food which is typically grown in Asia. Experiencing new foods they may not have tried

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	techniques within food e.g. poaching, boiling, roasting, frying, baking.	typically grown in the UK and conditions required for it to grow. Understanding farming and the process of getting food from field to plate	waffles	before e.g sushi. Making traditional dishes	before e.g sushi. Making traditional dishes.
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