

FOOD AND NUTRITION			
ELG: Creating with Materials			
EYFS	<ul style="list-style-type: none"> - Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function; - Share their creations, explaining the process they have used; - Make use of props and materials when role playing characters in narratives and stories. 		
KS1	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Children use the basic principles of a healthy and varied diet to prepare dishes.</p> <p>They understand where food comes from.</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Children can:</p> <ul style="list-style-type: none"> • explain where in the world different foods originate from; • understand that all food comes from plants or animals; • understand that food has to be farmed, grown elsewhere (e.g. home) or caught; • name and sort foods into the five groups in the Eatwell Guide; • understand that everyone should eat at least five portions of fruit and vegetables every day and start to explain why; • use what they know about the Eatwell Guide to design and prepare dishes. </td> </tr> </table>	<p>Children use the basic principles of a healthy and varied diet to prepare dishes.</p> <p>They understand where food comes from.</p>	<p>Children can:</p> <ul style="list-style-type: none"> • explain where in the world different foods originate from; • understand that all food comes from plants or animals; • understand that food has to be farmed, grown elsewhere (e.g. home) or caught; • name and sort foods into the five groups in the Eatwell Guide; • understand that everyone should eat at least five portions of fruit and vegetables every day and start to explain why; • use what they know about the Eatwell Guide to design and prepare dishes.
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LKS2	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Children understand and apply the principles of a healthy and varied diet.</p> <p>They prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <p>They understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Children can:</p> <ul style="list-style-type: none"> • start to know when, where and how food is grown (such as herbs, tomatoes and strawberries) in the UK, Europe and the wider world; • understand how to prepare and cook a variety of predominantly savoury dishes safely and hygienically; • with support, use a heat source to cook ingredients showing awareness of the need to control the temperature of the hob and/or oven; • use a range of techniques such as mashing, whisking, crushing, grating, cutting, kneading and baking; • explain that a healthy diet is made up of a variety and balance of different food and drink, as represented in the Eatwell Guide and be able to apply these principles when planning and cooking dishes; • understand that to be active and healthy, nutritious food and drink are needed to provide energy for the body; </td> </tr> </table>	<p>Children understand and apply the principles of a healthy and varied diet.</p> <p>They prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <p>They understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p>	<p>Children can:</p> <ul style="list-style-type: none"> • start to know when, where and how food is grown (such as herbs, tomatoes and strawberries) in the UK, Europe and the wider world; • understand how to prepare and cook a variety of predominantly savoury dishes safely and hygienically; • with support, use a heat source to cook ingredients showing awareness of the need to control the temperature of the hob and/or oven; • use a range of techniques such as mashing, whisking, crushing, grating, cutting, kneading and baking; • explain that a healthy diet is made up of a variety and balance of different food and drink, as represented in the Eatwell Guide and be able to apply these principles when planning and cooking dishes; • understand that to be active and healthy, nutritious food and drink are needed to provide energy for the body;
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		<ul style="list-style-type: none"> • prepare ingredients using appropriate cooking utensils; • measure and weigh ingredients to the nearest gram and millilitre; • start to independently follow a recipe; • start to understand seasonality.
<p>UKS2</p>	<p>Children understand and apply the principles of a healthy and varied diet.</p> <p>They prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <p>They understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p>	<p>Children can:</p> <ul style="list-style-type: none"> • know, explain and give examples of food that is grown (such as pears, wheat and potatoes), reared (such as poultry and cattle) and caught (such as fish) in the UK, Europe and the wider world; • understand about seasonality, how this may affect the food availability and plan recipes according to seasonality; • understand that food is processed into ingredients that can be eaten or used in cooking; • demonstrate how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source; • demonstrate how to use a range of cooking techniques, such as griddling, grilling, frying and boiling; • explain that foods contain different substances, such as protein, that are needed for health and be able to apply these principles when planning and preparing dishes; • adapt and refine recipes by adding or substituting one or more ingredients to change the appearance, taste, texture and aroma; • alter methods, cooking times and/or temperatures; • measure accurately and calculate ratios of ingredients to scale up or down from a recipe; • independently follow a recipe.