

What we have learnt in EYFS:



Playing and exploring

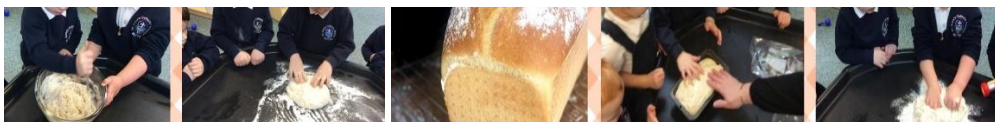
- Investigate and experience things, and 'have a go'.

Active learning

- Concentrate and keep on trying if they encounter difficulties and enjoy achievements.

Creating and thinking critically

- Have and develop their own ideas, make links between ideas, and develop strategies for doing things.



What we have learnt in KS1

Essential Knowledge 1:

- Talk about what we eat at home and begin to discuss what healthy foods are.
- Say where some food comes from and give examples of food that is grown.
- Use simple tools with help to prepare food safely.

Essential Knowledge 2:

- Understand the need for a variety of food in a diet.
- Understand that all food has to be farmed, grown or caught.
- Use a wider range of cookery techniques to prepare food safely.



We sorted the food products into food from plants and food from animals.



Design Technology



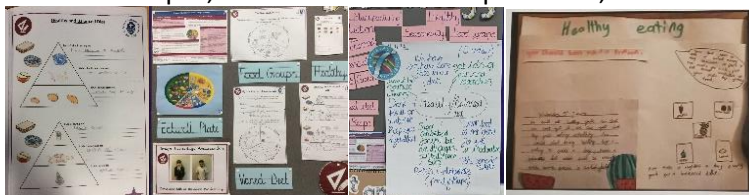
What we have learnt in LKS2

Essential Knowledge 1:

- Talk about the different food groups and name food from each group.
- Understand that food has to be grown, farmed or caught in Europe and the wider world.
- Use a wider variety of ingredients and techniques to prepare and combine ingredients safely.

Essential Knowledge 2:

- Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active.
- Understand seasonality and the advantages of eating seasonal and locally produced food.
- Read and follow recipes, which involve several processes, skills and techniques.



What we have learnt in UKS2

Essential Knowledge 1:

- Understand the main food groups and the different nutrients that are important for health.
- Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable / tasty to eat.
- Select appropriate ingredients and use a wide range of techniques to combine them.

Essential Knowledge 1:

- Confidently plan a series of healthy meals based on the principles of a healthy and varied diet.
- Use information on food labels to inform choices.
- Research, plan and prepare and cook a savoury dish, applying knowledge of ingredients and technical skills.



