

# Cooking and Nutrition in DT

## Year by year progressive knowledge and skill based planning.

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.

A selection of balanced diet/ healthy eating recipe suggestions (6 per year group) are included in this pack. Adapt them as necessary or seek alternatives but please note that the new curriculum does have an emphasis on safely preparing and cooking mostly savoury food. Other aspects such as weighing and measuring, following or creating recipes to a brief, come under other curriculum subjects (e.g. maths, literacy, main DT).

Words highlighted in red are specific practical skills to be modelled, supported, practised and developed to an independent level. All of the skills within the 2 key areas can potentially be taught within one or two lessons, especially if using a carousel set up so some children can simply practise their skills (e.g. grating, chopping play dough) whilst others follow recipes.

	<b>Cutting and Knife Skills</b>	<b>Mixing and Moulding</b>	<b>Heating and Cooling</b>
<p><b>Year 1</b></p> <p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> <li>*Mixing spoons</li> <li>*Table knives</li> <li>*Forks</li> <li>*Mixing bowls</li> <li>*Serrated vegetable knives</li> <li>*Mashers</li> <li>*Peelers</li> <li>*Melon ballers</li> <li>*Graters</li> <li>*Sieves</li> <li>*Colanders</li> <li>*Lemon squeezer</li> </ul>	<p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*Use the <b>bridge hold to cut</b> harder foods using a serrated vegetable knife (eg apple)</li> <li>*Use the <b>claw grip to cut</b> soft foods using a serrated vegetable knife (eg tomato)</li> <li>*<b>Mash cooked food</b> (eg potatoes with a masher)</li> <li>*<b>Peel soft vegetables</b> using a peeler (eg cucumber)</li> <li>*Using physical guidance if necessary, <b>peel harder food</b> (eg apple, potato)</li> <li>*<b>Cut</b> food into evenly sized largish pieces (eg potatoes)</li> <li>*Use a melon baller to <b>core</b> an apple</li> <li>*<b>Grate</b> soft food, using a grater (eg cheese)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*<b>Drain</b> away liquids from packaged food using a sieve or colander (eg tuna or sweet corn)</li> <li>*<b>Use a lemon squeezer</b></li> </ul>	<p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*<b>Sift</b> flour into bowl</li> <li>*<b>Mix, stir and combine</b> liquid and dry ingredients (eg muffins)</li> <li>*With help, use hands to <b>rub</b> fat into flour (eg rock buns)</li> <li>*With help <b>crack</b> an egg and beat together using a fork</li> <li>*With physical guidance, use a small table knife for <b>spreading</b> soft spreads on to bread</li> <li>*Use hands to <b>shape dough</b> in to small balls or shapes</li> <li>*With help <b>assemble and arrange</b> cold ingredients (eg sandwich, fruit kebabs, bruschetta)</li> </ul>	<p>Note: Although children will not be cooking hot food, children should understand how hot food is cooked safely by:</p> <ul style="list-style-type: none"> <li>*<b>observing</b> adults using the hob, oven, toaster and/or microwave</li> </ul> <p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*Be able to prepare food for baking and frying such as <b>greasing</b> baking tins and <b>adding oil</b> to frying pans / Saucepans</li> </ul> <hr/> <p>Recipes</p> <ul style="list-style-type: none"> <li>Bruschetta</li> <li>Potato and Beetroot Salad</li> <li>Seasonal Fruit Salad</li> <li>Raspberry Ritz Smoothie</li> <li>Breadsticks</li> <li>Milk Rolls</li> </ul> <p>Recipes mostly taken from <a href="http://www.foodforlife.org.uk">http://www.foodforlife.org.uk</a></p>

	<b>Knife Skills</b>	<b>Mixing and Moulding</b>	<b>Heating</b>
<p><b>Year 2</b></p> <p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> <li>*Mixing spoons</li> <li>*Table knives</li> <li>*Forks</li> <li>*Serrated vegetable knives</li> <li>*Mashers</li> <li>*Peelers</li> <li>*Melon ballers</li> <li>*Graters</li> <li>*Sieves</li> <li>*Colanders</li> <li>*Lemon squeezer</li> </ul>	<p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*Use the <b>bridge hold</b> to cut harder foods using a serrated vegetable knife (eg apple)</li> <li>*Use the <b>claw grip</b> to cut soft foods using a serrated vegetable knife (eg tomato)</li> <li>*<b>Cut</b> food into evenly sized largish pieces (eg potatoes)</li> </ul> <p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*<b>Peel</b> soft vegetables using a peeler (eg cucumber)</li> <li>*Using physical guidance if necessary, <b>peel harder food</b> (eg apple, potato)</li> <li>*<b>Grate soft food</b>, using a grater (eg cheese)</li> <li>*Use a melon baller to <b>core</b> an apple</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*<b>Mash</b> cooked food (eg potatoes with a masher)</li> <li>*<b>Drain</b> away liquids from packaged food using a sieve or colander (eg tuna or sweet corn)</li> <li>*<b>Use a lemon squeezer</b></li> </ul>	<p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*<b>Mix, stir and combine</b> liquid and dry ingredients (eg muffins)</li> <li>*Use hands to <b>rub</b> fat into flour (eg rock buns)</li> <li>*<b>Crack an egg</b> and beat together using a fork</li> <li>*Use a small table knife for <b>spreading</b> soft spreads on to bread</li> <li>*Use hands to <b>shape dough</b> in to small balls or shapes</li> <li>*<b>Assemble and arrange</b> cold ingredients (eg sandwich, fruit kebabs, bruschetta)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*<b>Sift</b> flour into bowl</li> </ul>	<p>Note: Although children will not be cooking hot food, children should understand how hot food is cooked safely by:</p> <ul style="list-style-type: none"> <li>*<b>observing</b> adults using the hob, oven, toaster and/or microwave</li> </ul> <p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*Be able to prepare food for baking and frying such as <b>greasing</b> baking tins and <b>adding oil</b> to frying pans / Saucepans</li> </ul> <hr/> <p>RECIPES</p> <ul style="list-style-type: none"> <li>*Broccoli and Bean Salad</li> <li>*Twice baked jacket potatoes</li> <li>*Cheese Straws</li> <li>*Sandwich Wrap</li> <li>*Sardine Pâté Sandwich Filling</li> <li>*Tomato and Basil Tartlets</li> </ul> <p>Recipes mostly taken from <a href="http://www.foodforlife.org.uk">http://www.foodforlife.org.uk</a></p>

	Knife Skills	Mixing and Moulding	Heating
<p><b>Year 3</b></p> <p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> <li>*Balloon whisks</li> <li>*Garlic crushers</li> <li>*Mixing spoons</li> <li>*Table knives</li> <li>*Forks</li> <li>*Serrated vegetable knives</li> <li>*Mashers</li> <li>*Peelers</li> <li>*Melon ballers</li> <li>*Graters</li> <li>*Sieves</li> <li>*Colanders</li> <li>*Lemon squeezers</li> <li>*Biscuit cutters</li> <li>*Oven gloves</li> <li>*Fish slices</li> </ul>	<p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*begin to use <b>the claw grip</b> to cut harder foods using a serrated vegetable knife (eg carrot)</li> <li>*begin to use <b>both the bridge hold and claw grip</b> to cut the same food using a serrated vegetable knife (eg onion) ? *Use a masher to <b>mash</b> hot food to a fairly smooth texture</li> <li>*<b>Cut</b> foods into evenly sized strips or cubes (eg peppers, cheese)</li> <li>*<b>Crush</b> garlic using a garlic press</li> <li>*<b>Grate harder food</b> using a grater (eg apples, carrots)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*Begin to <b>peel harder food</b> (eg apple, potato)</li> </ul>	<p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*<b>Mix, stir and combine</b> wet and dry ingredients uniformly (eg to form a dough)</li> <li>*<b>Crack</b> an egg and <b>beat</b> with balloon whisk</li> <li>*<b>Cream</b> fat and sugar together using a mixing spoon</li> <li>*<b>Use a rolling pin</b> to flatten and roll out dough (eg scones)</li> <li>*<b>use biscuit cutters</b></li> <li>*<b>Coat</b> food with egg and breadcrumbs (eg fish cakes)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*<b>Sieve</b> flour, raising agents and spices together in to a bowl</li> <li>*Use hands to <b>rub</b> fat into flour (eg scones, apple crumble)</li> <li>*<b>Knead and shape</b> dough in to evenly sized shapes</li> <li>*<b>Assemble and arrange</b> ingredients for simple dishes (eg apple crumble, scrambled egg on toast)</li> </ul>	<p>Note: Although pupils will not be cooking food on the hob or in the oven, pupils should understand how to use them safely by:</p> <ul style="list-style-type: none"> <li>*<b>observing</b> adults cooking on the hob and putting in and removing food from the oven</li> </ul> <p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*begin to use a <b>toaster or microwave</b> (e.g beans on toast)</li> <li>*Using physical guidance when necessary, <b>handle hot food safely</b> once adults have removed food from the hob or oven (e.g. use <b>oven gloves</b> and a <b>fish slice</b> to remove scones from the <b>baking tray</b>)</li> </ul> <p>RECIPES</p> <ul style="list-style-type: none"> <li>Greek Salad</li> <li>Spanakopita</li> <li>Muesli and Yoghurt Layer</li> <li>Stuffed Tomatoes</li> <li>Pink Panther Pasta Salad</li> <li>Bacon and Courgette Muffins Recipes</li> </ul> <p>mostly taken from <a href="http://www.foodforlife.org.uk">http://www.foodforlife.org.uk</a></p>

	<b>Knife Skills</b>	<b>Mixing and Moulding</b>	<b>Heating</b>
<p><b>Year 4</b></p> <p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> <li>*Balloon whisks</li> <li>*Garlic crushers</li> <li>*Mixing spoons</li> <li>*Table knives</li> <li>*Forks</li> <li>*Serrated vegetable knives</li> <li>*Mashers</li> <li>*Peelers</li> <li>*Melon ballers</li> <li>*Graters</li> <li>*Sieves</li> <li>*Colanders</li> <li>*Lemon squeezers</li> <li>*Biscuit cutters</li> <li>*Oven gloves</li> <li>*Fish slices</li> </ul>	<p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*<b>Use the claw grip to cut</b> harder foods using a serrated vegetable knife (eg carrot)</li> <li>*<b>Use both the bridge hold and claw grip</b> to cut the same food using a serrated vegetable knife (eg onion)</li> <li>*Use a masher to <b>mash</b> hot food to a fairly smooth texture</li> <li>*<b>Cut</b> foods into evenly sized strips or cubes (eg peppers, cheese)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*<b>Peel</b> harder food (eg apple, potato)</li> <li>*<b>Crush</b> garlic using a garlic press</li> <li>*<b>Grate</b> harder food using a grater (eg apples, carrots)</li> </ul>	<p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*<b>Mix, stir and combine</b> wet and dry ingredients uniformly (eg to form a dough)</li> <li>*<b>Cream fat and sugar</b> together using a mixing spoon</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*<b>Sieve</b> flour, raising agents and spices together in to a bowl</li> <li>*Use hands to rub fat into flour (eg scones, apple crumble)</li> <li>*<b>Crack an egg</b> and beat with balloon whisk</li> <li>*<b>Use a rolling pin</b> to flatten and roll out dough (eg scones)</li> <li>*<b>use biscuit cutters</b></li> <li>*<b>Coat</b> food with egg and breadcrumbs (eg fish cakes)</li> <li>*<b>Knead</b> and shape dough in to evenly sized shapes</li> <li>*<b>Assemble and arrange</b> ingredients for simple dishes (eg apple crumble, scrambled egg on toast)</li> </ul>	<p><b>Note:</b> Although pupils will not be cooking food on the hob or in the oven, pupils should understand how to use them safely by:</p> <ul style="list-style-type: none"> <li>*<b>observing</b> adults cooking on the hob and putting in and removing food from the oven</li> </ul> <p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*Confidently use a <b>toaster or microwave</b> (e.g beans on toast)</li> <li>*<b>Handle hot food safely</b> once adults have removed food from the hob or oven (e.g. use <b>oven gloves</b> and a fish slice to remove scones from the <b>baking tray</b>)</li> </ul> <p><b>RECIPES</b></p> <ul style="list-style-type: none"> <li>*Rhubarb and Orange Fool</li> <li>*Salmon and Dill Crispy Coat Fishcakes</li> <li>*Stafidopsomo - Raisin Bread</li> <li>*Sunset Pasta Salad</li> <li>*Carrot and Coriander Soup</li> <li>*Parsnip and Apple Soup</li> </ul> <p>Recipes mostly taken from <a href="http://www.foodforlife.org.uk">http://www.foodforlife.org.uk</a></p>

	<b>Knife Skills</b>	<b>Mixing and Moulding</b>	<b>Heating</b>
<p><b>Year 5</b></p> <p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> <li>*Electric hand mixers ☒</li> <li>Food processors</li> <li>*Electric hand blenders</li> <li>*Garlic crushers</li> <li>*Mixing spoons</li> <li>*Table knives</li> <li>*Forks</li> <li>*Serrated vegetable knives</li> <li>*Peelers</li> <li>*Graters</li> <li>*Sieves</li> <li>*Colanders</li> <li>*Lemon squeezers</li> <li>*Biscuit cutters</li> <li>*Can openers</li> <li>*Ring pull tinned food</li> <li>*Oven gloves</li> <li>*Fish slices</li> </ul>	<p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*<b>Finely grate</b> hard foods (eg zesting, parmesan cheese)</li> <li>*With support, <b>use a can opener and open ring-pull tin</b></li> <li>*<b>Dice</b> foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*<b>Confidently use the claw grip</b> to cut harder foods using a serrated vegetable knife (eg carrot)</li> <li>*<b>Confidently use both the bridge hold and claw grip</b> to cut the same food using a serrated vegetable knife (eg onion)</li> <li>*<b>Confidently peel</b> harder food using a peeler (eg apple, potato)</li> </ul>	<p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*<b>use a food processor or electric hand blender</b> to mash, blend or puree hard ingredients or hot food (eg chickpeas for hummus or vegetables for soup)</li> </ul> <p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*With help begin to <b>separate</b> eggs</li> <li>*<b>Whisk</b> using an <b>electric hand mixer</b> (eg eggs)</li> <li>*<b>cream</b> fat and sugar together using an <b>electric hand mixer</b></li> <li>*Use a <b>rolling pin</b> to roll out dough to a <b>specific thickness</b> (eg pizza)</li> <li>*<b>Use biscuit cutters</b> accurately to assemble, arrange and layer more advanced dishes (eg apple sponge pudding, shepherd's pie)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*Use <b>finger tips to rub fat into flour</b> to make fine 'bread crumbs' (eg apple crumble)</li> <li>*<b>Sieve</b> wet and dry ingredients with precision</li> <li>*<b>Confidently crack</b> an egg</li> <li>*<b>Spread</b> food evenly with a <b>coating, paste or glaze</b></li> <li>*<b>Knead and shape</b> dough in to a variety of shapes</li> <li>*Use hands to <b>shape mixtures</b> in to <b>evenly sized</b> pieces (eg burgers)</li> </ul>	<p>Note: Although pupils will not be putting in or removing food from the oven, they should understand how to use the oven safely by <b>observing</b> adult</p> <p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*With help, begin to use the <b>hob</b> or electric saucepan (wok or stock pot) to cook simple dishes (eg burgers, soup)</li> <li>*<b>handle hot food safely, using oven gloves</b> to carefully remove cooked food with a <b>fish slice</b> from a baking tray on to a <b>cooling rack</b></li> </ul> <p><b>RECIPES</b></p> <ul style="list-style-type: none"> <li>*Green pea Pâté</li> <li>*Apple and Apricot Filo Parcels</li> <li>*Lavender Shortbread</li> <li>*Salamagundy</li> <li>*Caribbean Red Pepper Salsa</li> <li>*Penne All' Arrabiata</li> </ul> <p>Recipes mostly taken from <a href="http://www.foodforlife.org.uk">http://www.foodforlife.org.uk</a></p>

	<b>Knife Skills</b>	<b>Mixing and Moulding</b>	<b>Heating</b>
<p><b>Year 6</b></p> <p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> <li>*Electric hand mixers</li> <li>*Food processors</li> <li>*Electric hand blenders</li> <li>*Garlic crushers</li> <li>*Mixing spoons</li> <li>*Table knives</li> <li>*Forks</li> <li>*Serrated vegetable knives</li> <li>*Peelers</li> <li>*Graters</li> <li>*Sieves</li> <li>*Colanders</li> <li>*Lemon squeezers</li> <li>*Biscuit cutters</li> <li>*Can openers</li> <li>*Ring pull tinned food</li> <li>*Oven gloves</li> <li>*Fish slices</li> </ul>	<p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*Begin to use a can opener and open ring-pull tin</li> <li>*Dice foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*Finely grate hard foods (eg zesting, parmesan cheese)</li> <li>*Confidently use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot)</li> <li>*Confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion)</li> <li>*Confidently peel harder food using a peeler (eg apple, potato)</li> </ul>	<p><b>With close supervision:</b></p> <p>use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food (eg chickpeas for hummus or vegetables for soup)</p> <p><b>With moderate supervision:</b></p> <ul style="list-style-type: none"> <li>*separate eggs</li> <li>*whisk using an electric hand mixer (eg eggs)</li> <li>*cream fat and sugar together using an electric hand mixer</li> <li>*use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food (eg chickpeas for hummus or vegetables for soup)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>*Use finger tips to rub fat into flour to make fine 'bread crumbs' (eg apple crumble)</li> <li>*Sieve wet and dry ingredients with precision</li> <li>*Confidently crack an egg</li> <li>*Use a rolling pin to roll out dough to a specific thickness (eg pizza)</li> <li>*Use biscuit cutters accurately to assemble, arrange and layer more advanced dishes (eg apple sponge pudding, shepherd's pie)</li> <li>*Spread food evenly with a coating, paste or glaze</li> <li>*Knead and shape dough in to a variety of shapes</li> <li>*Use hands to shape mixtures in to evenly sized pieces (eg burgers)</li> </ul>	<p>Note: Although pupils will not be putting in or removing food from the oven, they should understand how to use the oven safely by observing adults</p> <p><b>With close supervision:</b></p> <ul style="list-style-type: none"> <li>*Use the hob or electric saucepan (wok or stock pot) to cook simple dishes (eg burgers, soup)</li> <li>*handle hot food safely, using oven gloves to carefully remove cooked food with a fish slice from a baking tray on to a cooling rack</li> </ul> <hr/> <p><b>RECIPES</b></p> <ul style="list-style-type: none"> <li>*Minestrone Soup</li> <li>*Pizza Wheels</li> <li>*Spinach and Cheese Bread</li> <li>*Butternut Squash Cous Cous</li> <li>*Fish Pie</li> <li>*Spaghetti Bolognese</li> </ul> <p>Recipes mostly taken from <a href="http://www.foodforlife.org.uk">http://www.foodforlife.org.uk</a></p>