

Leavesden JMI School & Nursery Curriculum

Design & Technology: Cooking and Nutrition

Our Food Technology Curriculum teaches pupils to consider their own and others' needs, wants and values. Growing their own produce, enables pupils to become resourceful, innovative, enterprising and capable citizens. Our pupils reflect on tastes, textures and the nutritional value of food and have the opportunity to apply and embed their knowledge and skills by designing their own dishes, contributing to the health and well-being of themselves and others. Learning how to cook is a crucial life skill that enables our pupils to feed themselves and others affordably and well, now and in later life.

The Leavesden curriculum is based upon the national curriculum for design and technology aims to ensure that all pupils:

- develop the creative, technical and practical expertise needed to perform everyday tasks confidently and to participate successfully in an increasingly technological world
- build and apply a repertoire of knowledge, understanding and skills in order to design and make high-quality prototypes and products for a wide range of users
- critique, evaluate and test their ideas and products and the work of others
- understand and apply the principles of nutrition and learn how to cook

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Context	Fruit Skewers	Salad	Sandwiches	Carrot Soup	Carrot Cake	Pasta Sauce	Serving a three course meal to a parent
Hygiene Based on three of the the Food Standards 'Cs'	Cleaning Wash hands Wipe surfaces after use <i>See below</i>		Cleaning Wash hands Wipe surfaces before and after use <i>See below</i>		Cleaning Cooking Checking oven temperature <i>See below</i>	Cleaning Chilling Temperature checking <i>See below</i>	Cleaning Cooking Chilling <i>See below</i>
Kitchen Skills	Chopping soft fruit - Claw Cut	Chopping vegetables - Claw Cut and Bridge Cut	Chopping vegetables Spreading	Dicing Following a recipe	Following a recipe Grating Baking Weighing Cracking an egg	Chopping Slicing Dicing Following a recipe Frying Simmering	Applying all knowledge and learning so far Salad starter Pasta main Cake desert
National and International events	International Fruit Day Celebrated annually on 1st July	National Salad Day Celebrated annually on 1st May	World Sandwich Day Celebrated annually on 3rd November	National Soup Day Celebrated annually on 4th February	National Cake Day Celebrated annually on 26th November	National Pasta Day Celebrated annually on 17th October	International Chefs Day Celebrated annually on 20th October

Session 1 - Explore	During snack time, children are taught to use non-sharp knives to slice soft fruit such as bananas using the claw grip.  Children are taught to chop and slice. Chop:  Slice:  Hygiene and Safety below	S1 & S2 in the same afternoon. S1 = skills S2 explore (so as not to waste food).  Claw cut - practise on playdough and then move to harder vegetables <i>Claw cut is for chopping food with a flat surface.</i> <i>Bridge cut is for chopping a round food which has less stability and the knife is more likely to slip.</i> Chop and taste salad vegetables - cucumber, lettuce, apple. Cut wide, cut fine. Taste the ingredients individually. As tasting, talk about the health benefits of salad (not a key part of the lesson but reinforcing the message).	S1 & S2 in the same afternoon. S1 = skills S2 explore (so as not to waste food).  A carousel of activities for skill development: 1.Claw cut on hard vegetables 2.Bridge cut on playdough then vegetables <i>Claw cut is for chopping food with a flat surface.</i> <i>Bridge cut is for chopping a round food which has less stability and the knife is more likely to slip.</i> Chop and taste salad vegetables - radish, tomato, celery. Taste the ingredients individually. As tasting, talk about the health benefits of salad (not a key part of the lesson but reinforcing the message). Practise the skill of spreading (see SC below). Children practise spreading paint on cardboard with a knife.	Taste test three types of vegetable soup. Potato soup Carrot soup Tomato soup Explore the cost of the sauces. Rank each for smell, flavour, appearance, consistency and cost. Consider... What other ingredients could we add to the soup? How would it change the smell, flavour, appearance, consistency and cost? If time, conduct a soup survey in the wider school community, i.e. create a class google form to answer a question: Which age of people eat soup? What time of year do people prefer to eat soup?	Taste test three types of cakes made with vegetables. Use this recipe and one with: • Courgette • Carrot • Pumpkin (Do not include the walnuts) Explore the cost of the cakes. Rank each for smell, flavour, appearance, moisture and cost. Consider... What other vegetable or fruit could we add to the cake recipe? How would it change the smell, flavour, appearance, moisture and cost? If time, conduct a cake survey in the wider school community, i.e. create a class google form to answer a question: How often do you eat cake?	Taste test three types of homemade pasta sauce: Onion & tomato Onion, garlic & tomato Onion, garlic, basil & tomato Explore the nutritional value of the sauces Explore the cost of the sauces. Rank each for smell, flavour, appearance, nutrition and cost. Consider... what other ingredients could we add to the sauce? How would it change the smell, flavour, appearance, nutrition, cost? Test a shop-bought sauce in the same way. Complete another comparison.	Recap all of the things they have cooked so far: Kebabs Salad Sandwiches Soup Cakes Pasta sauce What skills do they have? Grating Cutting Slicing Dicing Hygiene Plan a meal using these skills and food skills Plan (this will need to be adult led) a timeframe upon which to cook. For example, a cake will last for a couple of days if stored in an airtight container. Pasta sauce will last for a couple of days in the fridge. Pasta will need to be cooked just before eating. Etc.
Session 2 - Skill	Opportunities during playdough activities to cut and slice with knife like implements. Focus on positioning of hand on handle and positioning of hand holding the playdough.	Taste the ingredients individually. As tasting, talk about the health benefits of salad (not a key part of the lesson but reinforcing the message).	Taste the ingredients individually. As tasting, talk about the health benefits of salad (not a key part of the lesson but reinforcing the message). Practise the skill of spreading (see SC below). Children practise spreading paint on cardboard with a knife.	A carousel of activities for skill development: 1.Practise Bridge Cut 2.Practice Claw Cut 3.Dicing Playdough/ cucumber/ carrots/ tomatoes	A carousel of activities for skill development: 1.Grating 2.Weighing 3.Walking up to the ovens to look at the dials for temperature	Peeling, slicing and dicing an onion  A carousel of activities for skill development: 1.Slicing 2.Dicing 3.Walking up to the hobs to look at the dials for use and to practise	Plan the day of the meal and create a timeline for the cooking. Plan the recipes for the meal. Write a list of ingredients that will be needed.

						holding a frying pan safely	Children make meal to either serve to their parents or take home to eat.
Session 3 & 4 - Guided Application & Evaluation		Making a simple salad of lettuce, cucumber and raisins.	Make a simple sandwich of bread, butter, sliced cheese, tomato.	Making carrot soup using this recipe	Making a carrot cake using this recipe but with carrots Compare hand whisk to electric whisk	Making a simple pasta sauce using this recipe Follow instructions to time and cook pasta	
Session 5 & 6 - Application & Evaluation		Design and make a simple salad from a range of simple salad ingredients.	Design and make a simple sandwich from a range of simple salad ingredients and sliced ham or sliced cheese	Making a vegetable soup based on this recipe choosing own vegetable Choices can be: Carrot, Tomato or potato	Making a fruit or vegetable of choice cake using this recipe but with own choice of fruit or vegetable Choices can be: Carrot or Apple Compare hand whisk to electric whisk	Design own simple pasta sauce based on this recipe Choices can include: Adding peppers or onions Follow instructions to time and cook pasta	