Half Term Theme	Lower KS2	Upper KS2	KS3	Vocabulary progression
Half Term 1 – Features of a healthy diet.	**K:** Identify the main principles of a healthy and balanced diet. Recognise the main food groups. Identify a range of foods that can contribute to a healthy diet. Explain why the body needs a variety of different foods and nutrients. Understand that food and drinks provide energy for the body. Recognise that physical activity uses energy. Understand that people have different energy needs depending on factors.	**K:** Explain the principles of a balanced and varied diet. Describe the role of key nutrients, including carbohydrates, protein, fats, vitamins, minerals, fibre and water. Understand the importance of limiting foods and drinks that are high in saturated fat, salt and free sugars. Compare the energy content of different foods and drinks using calorie information. Explain how physical activity affects the body's energy requirements. **Skills:**	**K:** Explain the principles of a healthy, balanced and sustainable diet and relate these to current government guidance. Use the Eatwell Guide to evaluate and improve the nutritional balance of meals and diets. Understand how energy requirements vary according to factors such as age, sex, body size, growth and physical activity. Evaluate how portion size, food choice and physical activity can influence energy balance. **Skills:** Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying	**LKS2** identify, healthy, balanced, food groups, energy. **UKS2** explain, varied, carbohydrates, protein, fat, vitamins, minerals, fibre, water, saturated, calorie. **KS3/4** sustainable diet, eatwell guide, evaluate, improve, nutritional, energy requirements, age, sex, body size, physical activity, evaluate.

	Skills: Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying Use a range of utensils and equipment to prepare and cook ingredients	Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying Use a range of utensils and equipment to prepare and cook ingredients	Use a range of utensils and equipment to prepare and cook ingredients	
Half Term Theme	**Lower KS2**	**Upper KS2**	**KS3**	**Vocabulary progression**
Half Term 2 – Features of a healthy diet.	**K**: Compare the prices of different foods and identify cheaper healthy alternatives.	**K:** Understand the relationship between calories, food intake and physical activity.	**K**: Explain the functions of different nutrients and the consequences of deficiency or excessive intake. Calculate and compare the approximate calorie content of	**LKS2** Compare, prices, cheaper, labels, calorie, plan, cost.

	Read and interpret basic nutrition labels and calorie information. Plan a healthy, balanced day's meals while considering cost and nutritional value. **Skills:** Develop basic food preparation and cooking skills, including peeling, chopping, grating, mixing, weighing, baking, roasting, steaming and grilling. Use utensils and cooking equipment safely, following basic food hygiene practices. Make a simple recipe for your meal.	Compare the energy content of different foods and drinks using calorie information. Read and interpret basic nutrition labels and calorie information. Plan a healthy, balanced day's meals while considering cost and nutritional value. **Skills:** Develop a range of cooking techniques, including chopping, baking, roasting, steaming, grilling, poaching and frying. Weigh and measure ingredients and adjust quantities when needed. Choose suitable cooking techniques for different ingredients.	meals using nutritional information. Critically evaluate food labels, including calories, fat, saturated fat, sugars, salt and portion sizes. Plan and cost a nutritionally balanced range of meals for a specific person. Make justified decisions when balancing health, cost, taste, convenience and sustainability. **Skills:** Select and use appropriate cooking techniques to achieve the desired flavour, texture and appearance. Use knives, utensils and cooking equipment safely, accurately and independently. Adapt and develop recipes using local, seasonal or surplus ingredients. Make and follow a simple recipe for your meal.	**UKS2** Relationship, calories, food intake, physical activity, energy content, nutrition labels. **KS3/4** Explain, functions, consequences, deficiency, excessive, calculate, evaluate, convenience, sustainability.

		Use utensils, appliances and equipment safely and accurately. Make a simple recipe for your meal.		

Half Term Theme	Lower KS2	Upper KS2	KS3	Vocabulary progression
Half Term 3 – Food Provenance	**K**: Identify where common foods come from and how they are grown, caught, raised, foraged or produced. Understand seasonality and explore how food travels from farm to shop. Identify local and seasonal foods and understand some of	**K**: Explore where ingredients come from and how they are grown, caught, raised, produced or foraged. Understand seasonality and how it affects the availability, cost and quality of food. Compare food miles and explore the	**K**: Understand the journey of food from producer to consumer, including production, processing and transport. Explore where ingredients come from and why different foods are produced in different places. Understand the environmental	**LKS2** grown, caught, raised, foraged, produced, travel, local. **UKS2** seasonality, availability, cost, quality, food miles, transport, national, international. **KS3/4** journey, producer, consumer, environmental, sustainable, price, quality, provenance.

	the benefits of buying locally. Follow a simple recipe to prepare and cook food, using appropriate ingredients and equipment. Visit a local shop or farm shop to identify locally sourced and seasonal produce. **Skills:** Develop basic food preparation and cooking skills, including peeling, chopping, grating, mixing, weighing, baking, roasting, steaming and grilling. Use utensils and cooking equipment safely, following	environmental impact of transporting food. Compare local, national and international foods and understand the importance of sustainable and responsible food choices. Follow and adapt recipes to create a finished dish. Plan and prepare a dish using local and seasonal ingredients. Evaluate a finished dish based on taste, texture, appearance, nutrition and provenance. Visit a local shop, market or farm shop to explore where food comes from.	impact of food production, transport and packaging, including food miles. Evaluate the benefits of choosing local, seasonal and sustainable foods. Explore different methods of food production, including farming, fishing, aquaculture and foraging. Understand how seasonality affects the availability, price, quality and sustainability of food. Make informed choices about ingredients considering provenance, seasonality, cost, nutrition and sustainability.	

	basic food hygiene practices. Follow a simple recipe.	**Skills:** Develop a range of cooking techniques, including chopping, baking, roasting, steaming, grilling, poaching and frying. Weigh and measure ingredients and adjust quantities when needed. Choose suitable cooking techniques for different ingredients. Use utensils, appliances and equipment safely and accurately.	Visit a local food business, farm, market or producer to explore how food is sourced and supplied. **Skills:** Select and use appropriate cooking techniques to achieve the desired flavour, texture and appearance. Use knives, utensils and cooking equipment safely, accurately and independently. Adapt and develop recipes using local, seasonal or surplus ingredients.	

Half Term Theme	**Lower KS2**	**Upper KS2**	**KS3**	**Vocabulary progression**
Half Term 4 and 5 – Local Foods	**K**: Explore and identify local and regional foods from Hartlepool and the North East. Taste and describe local foods, such as parmesan, pease pudding, kippers, stotties, singin' hinnies and panaculty. Understand that different places have their own traditional foods and recipes. Explore where local foods come from and how they are grown, caught or produced.	**K**: Research traditional foods from Hartlepool and the North East. Understand the history and importance of local foods, such as parmesan, pease pudding, kippers, stotties, singin' hinnies and panaculty. Explore how the local area, farming and fishing have influenced North East food traditions. Follow and adapt recipes to create local dishes.	**K**: Explore the food heritage of Hartlepool and the wider North East, including the influence of geography, fishing, farming and industry. Research traditional North East foods and recipes, such as parmesan, kippers, pease pudding, panaculty and singin' hinnies, and explain their cultural and historical significance. Understand how local resources, seasonality,	**LKS2** Local, regional, taste, describe, traditional, texture, appearance. **UKS2** Research, history, influence, nutrition, community, economy. **KS3/4** Heritage, cultural significance, local resources, investigate, change, compare.

	Understand the importance of local and seasonal ingredients. Describe the taste, smell, texture and appearance of food. Prepare and cook a simple dish inspired by Hartlepool or the North East. Skills: Develop basic food preparation skills, including peeling, chopping, grating, mixing, weighing and measuring. Use a range of simple cooking techniques, including baking, roasting, steaming, grilling and frying. Use kitchen utensils and equipment safely and follow good food hygiene practices. Follow a simple recipe to prepare and cook a local dish.	Evaluate local dishes based on taste, texture, appearance, nutrition and use of local ingredients. Design and make a dish using local or North East ingredients. Understand how local food producers benefit the community and economy. Explore local food producers, shops, markets, farms and fishing businesses. **Skills**: Compare traditional recipes with modern versions and explore how recipes change over time. Develop a range of cooking techniques, including chopping, baking, roasting, steaming, grilling, poaching and frying. Choose suitable cooking techniques	availability and cost have influenced traditional foods and recipes. Investigate the provenance and sustainability of local ingredients and evaluate the benefits of sourcing food from local producers. Explore how traditional recipes have changed over time and compare them with contemporary versions. Plan, prepare, cook and evaluate a Hartlepool/North East-inspired dish, explaining how local food contributes to the area's history, identity, community and economy. **Skills**: Use knives, utensils, appliances and cooking equipment safely, accurately	

		for different ingredients. Use kitchen equipment safely, confidently and accurately. Weigh and measure ingredients accurately and adjust quantities when needed.	and independently, demonstrating good food hygiene practices. Select and combine appropriate cooking techniques to achieve desired flavour, texture, appearance and nutritional outcomes. Evaluate dishes using sensory and nutritional criteria, using appropriate food vocabulary to identify strengths and areas for improvement.	
Half Term Theme	**Lower KS2**	**Upper KS2**	**KS3**	
Half Term6 – Foods from other cultures	**K:** Explore the cuisine of the country you are	**K:** Explore the cuisine of the country you are looking at in humanities.	**K:** Explore the cuisine of the country you are	**LKS2** cuisine, traditional, ingredients, celebrated, culture.

	looking at in humanities. Identify traditional foods from this country. Learn where these ingredients come from in this country. Explore how food is eaten and celebrated in this country's culture. Make a dish from this country. **Skills:** Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying Use a range of utensils and equipment to	Investigate how climate, geography and culture influence these traditional foods. Compare their traditional dishes from this country. Investigate how the food is grown and transported in this country. Explore how traditional dishes have changed over time in this country and make one of their popular dishes. **Skills:** Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying Use a range of utensils and equipment to	looking at in humanities. Investigate the relationship between food, culture, history and religion. Understand how climate, trade and migration influence food traditions in this country. Explore nutrition, dietary requirements and healthy eating in this country. Investigate seasonality, food miles and food waste. Evaluate how traditional dishes have changed over time in this country and make one of their popular dishes.	**UKS2** climate, geography, culture, influence, investigate, transport, popular. **KS3/4** food, culture, history, religion, trade, migration, seasonality, food miles, food waste.

	prepare and cook ingredients	prepare and cook ingredients	**Skills:** Understand and use a range of cookery techniques; chopping, baking, roasting, steaming, grilling, poaching, frying Use a range of utensils and equipment to prepare and cook ingredients	