

















## Cooking and Nutrition

**“Cooking with kids is not just about ingredients, recipes and cooking. It’s about harnessing imagination, empowerment and creativity.”** Guy Fieri

Phase		Curriculum Coverage – Threshold Concepts				
		Design	Make	Evaluate	Technical Knowledge	
Upper KS2	Y6 Curry	 <ul style="list-style-type: none"> <li>use research and develop design criteria to inform the design of functional, appealing dishes that are fit for purpose, aimed at particular individuals or groups</li> </ul>	 <ul style="list-style-type: none"> <li>select from and use a wider range of utensils and equipment to perform practical tasks for example, cutting, shaping, combining, use of a heat source and presenting dishes with accuracy</li> </ul>	 <ul style="list-style-type: none"> <li>investigate and analyse a range of existing food products</li> </ul>	 <ul style="list-style-type: none"> <li>understand and apply the principles of a healthy and varied diet</li> </ul>	
	Y5 Pretzels					<ul style="list-style-type: none"> <li>Develop and communicate their ideas through research, testing and discussion</li> </ul>
Lower KS2	Y4 Pasta	 <ul style="list-style-type: none"> <li>design purposeful, functional, appealing dishes for themselves and other users based on design criteria</li> </ul>	 <ul style="list-style-type: none"> <li>select from and use a range of utensils and equipment to perform practical tasks for example, cutting, shaping, combining and presenting</li> </ul>	 <ul style="list-style-type: none"> <li>explore and evaluate a range of different existing food products</li> </ul>	 <ul style="list-style-type: none"> <li>use the basic principles of a healthy and varied diet to prepare dishes</li> </ul>	
	Y3 Fruit Crumble					<ul style="list-style-type: none"> <li>Develop and communicate their ideas through talking and sensory investigation</li> </ul>
KS1	Y2 Sandwiches	 <ul style="list-style-type: none"> <li>Begin to show accuracy and care when drawing</li> </ul>	 <ul style="list-style-type: none"> <li>Use a range of small utensils including scissors, forks and skewers</li> </ul>	 <ul style="list-style-type: none"> <li>Share their dishes, explaining the process they have used</li> </ul>	 <ul style="list-style-type: none"> <li>Have a deep understanding of number to 10</li> </ul>	
	Y1 Fruit Smoothies					<ul style="list-style-type: none"> <li>Explore and play with a wide range of ingredients</li> </ul>
EYFS	Reception Fruit Salad					
	Nursery Fruit Kebab					

## Intent



At St Aloysius, Cooking & Nutrition is an inspiring, rigorous and practical subject. Using creativity and imagination, children design and make dishes that consider their own and others’ needs, wants and values. They acquire a broad range of subject knowledge and draw on disciplines such as mathematics and science. Children learn how to take risks, becoming resourceful, innovative, enterprising and capable citizens. Through the evaluation of world cultures and cuisines, they develop a critical understanding of individuals’ dietary requirements and the environmental impact of sourcing ingredients. High-quality Cooking and Nutrition education makes an essential contribution to the health, culture, wealth and well-being of the nation.

## Implementation



The threshold concepts across the Cooking & Nutrition curriculum are taught sequentially over time to develop technical knowledge, skills and understanding from EYFS to Y6 and beyond. Our curriculum aims to ensure that all children:

- Develop the creative, technical and practical expertise needed to perform everyday tasks confidently and to participate successfully in an increasingly technological world

