

Primary Food Technology – Yearly Overview 2025-26

The aim of delivering this subject:

Primary

- Learn about different food groups and name food from each group.
- Begin to understand that food has to be farmed, grown or caught.
- Begin to understand what makes a healthy and balanced diet.
- Begin to understand what is seasonality
- Literacy will be reading and following recipes.
- Numeracy will be weighing and measuring the ingredients which involves cooking skills
- Begin to understand food labels to help with making healthy choices.

Primary's learning journey this year, is learning how to be safe in a kitchen and how important it is to have good personal hygiene. We will be looking at how germs(bacteria) make food unsafe to eat. We are going to talk about healthy eating and the different foods our bodies need to grow and develop properly. We are also looking at where in the world food is grown, caught or harvested, and when in the year is best time for food to be grown in the U.K.

Subject: Food Tech	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Primary	Kitchen Safety Personal Hygiene Food safety Bacteria/germs	Eatwell plate Healthy Eating Food groups	Understanding Seasonality Farmed Grown Caught Processed	Map Europe Food from Europe Map World Food from around the world	Food sensory Food labels Balanced diet	Recapping Eatwell plate Food groups Healthy Eating