

WCLA Design and Technology Curriculum Overview – Food Week

Year group and project	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		Fruit and Vegetables	A balanced diet	Eating seasonally	Adapting a recipe	What could be healthier?	Come dine with me
Design	<p>ELG: Speaking: Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary.</p> <p>Children learn new vocabulary and begin to use it to consider and discuss their choices</p>	Design a smoothie carton packaging beginning to show consideration of tools/materials	Design a healthy wrap based on a food combination which work well together and show the tools/materials required during design process	<p>Create a healthy and nutritious recipe for a savoury tart using seasonal ingredients</p> <p>Consider the taste, texture, smell and appearance of the dish</p>	<p>Design a biscuit within a given budget, drawing upon previous taste testing</p> <p>Clearly label design show ingredients, budget and taste requirements</p>	<p>Adapt a traditional recipe, understanding the change to the nutritional value if ingredients are added/removed.</p> <p>Write an amended method for a recipe incorporating changes to ingredients</p> <p>Design appealing packaging</p>	<p>Write a recipe, explaining the key steps, method and ingredients</p> <p>Include facts and drawings from research undertaken</p>
Make	<p>ELG: Managing self: Manage their own basic hygiene and personal needs, including...under</p>	<p>Chop fruit and vegetables safely</p> <p>Identify if a food is a fruit or a vegetable</p>	Slice food safely using the bridge or claw grip	Know how to prepare themselves and a work space to cook safely in, learning the basic	<p>Follow a baking recipe</p> <p>Cook safely, following basic hygiene rules</p>	<p>Cut and prepare vegetables safely</p> <p>Using equipment safely</p>	Follow a recipe and include the correct quantities of each ingredient

	<p>standing the importance of healthy food choice</p> <p>Know and begin to discuss things that support their overall health and wellbeing</p>	<p>Learning where and how fruits and vegetables grow</p>	<p>Construct a wrap that meets a design brief</p>	<p>rules to avoid food contamination</p> <p>Follow the instructions within a recipe</p>	<p>Adapt a recipe</p>	<p>Know how to avoid cross-contamination</p> <p>Follow a step by step method carefully to make a recipe</p>	<p>Adapt a recipe based on research</p> <p>Work to a given timescale</p> <p>Work safely and hygienically with independence</p>
Evaluate	<p>ELG: Creating with materials: Share their creations, explaining the process they have use</p> <p>Using taste and verbally discuss what you liked/did not like about your salad.</p>	<p>Taste and evaluate different food combinations</p> <p>Describe appearance, smell and taste</p> <p>Suggest information to be included on packaging</p>	<p>Describe the taste, texture and smell of fruit and vegetables</p> <p>Taste test food combinations</p> <p>Show an understanding of the information that needs to be included on a label</p> <p>Evaluate which grip was most effective</p>	<p>Establish and use design criteria to help test and review dishes</p> <p>Describe the benefits of seasonal fruits and vegetables and the impact on the environment</p> <p>Suggest points for improvement when making a seasonal tart</p>	<p>Evaluate a recipe, considering: taste, smell, texture and appearance</p> <p>Show an understanding of budget and how this may impact an ingredients selection</p> <p>Evaluate and compare a range of products</p>	<p>Identify the nutritional differences between different products and recipes</p> <p>Identify and describe healthy benefits of food groups</p> <p>Understand those involved in the process of bringing beef to supermarket shelves</p>	<p>Evaluate a recipe, considering: taste, smell, texture and origin of the food group</p> <p>Taste test and scoring final products</p> <p>Evaluate how to minimise cross contamination</p>
Technical knowledge	<p>Use tools properly, such as cutlery</p>	<p>Understand the difference between fruits and vegetables</p>	<p>Understand that 'diet' means the food and drink that a person or animal usually eats</p>	<p>Understand that not all fruits and vegetables can be grown in the UK</p>	<p>Understand the term 'quantity' in a recipe</p>	<p>To understand where meat comes from - learning that beef is from cattle and how</p>	<p>To know that 'flavour' is how a food or drink tastes</p>

	<p>Consider what we need for a healthy balanced diet</p>	<p>Understand that some foods typically known as vegetables are actually fruits (e.g. cucumber)</p> <p>To know that a fruit has seeds and a vegetable does not</p> <p>To know that fruits grow on trees or vines</p> <p>To know that vegetables can grow either above or below ground</p> <p>To know that vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber)</p>	<p>Understand what makes a balanced diet</p> <p>Identify the nutritional information on packaging</p> <p>Name the five main food groups</p> <p>Understand how much of each food group we should eat for a balanced diet</p> <p>To know what 'ingredients' are</p>	<p>Recognise that climate affects food growth</p> <p>Recognise that vegetables and fruit grow in certain seasons</p> <p>Understand what we mean by a recipe/imported food/exported food</p> <p>Understand that each fruit and vegetable gives us nutritional benefits because they contain vitamins, minerals and fibre and understand why these are important</p> <p>To know safety rules for using, storing and cleaning a knife safely</p>	<p>Understand why we would use oven gloves</p> <p>Know the following cooking techniques: sieving, creaming, rubbing method, cooling</p> <p>To understand the importance of budgeting while planning ingredients</p>	<p>beef is reared and processed, including key welfare issues</p> <p>Understand that I can adapt a recipe to make it healthier by substituting ingredients</p> <p>Understand that 'cross-contamination' means that bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects</p>	<p>To know that many countries have 'national dishes' which are recipes associated with that country</p> <p>To know that 'processed food' means food that has been put through multiple changes in a factory</p> <p>To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides</p> <p>To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork)</p>
--	--	--	---	---	---	---	---

