

Design and Technology: Year 1
A: Cooking and Nutrition

Previously, I have learnt...

In Year 1, I am learning...

In the future, I will learn...

My future...

* That a healthy diet is important.

• Different ways to stay healthy.

* To recognise foods that are good or bad for me.

* To create a step by step menu that is varied and healthy, describing how combined ingredients come together.

- Chef
- School cook
- Nutritionist
- Food taster
- Baker
- Catering
- Food scientist
- Cooking teacher
- Sports coach
- Cooking as a hobby
- Recipe designer
- Restaurant manager

healthy eating,
food, vegetable,
fruit, eat, good
food, bad food



food, food group,
eat, good, bad,
healthy,
unhealthy,
choose, decide,
cook, nutrition,
nutritious.



cooking, nutrition,
tools, equipment,
create, menu,
healthy, food,
plan, order,
techniques,
follow, describe,
ingredients, recipe





* That a healthy diet is important.

• Different ways to stay healthy.

* To recognise foods that are good or bad for me.

* To describe the properties of the ingredients I am using.

* To create a step by step menu that is varied and healthy, describing how combined ingredients come together.

* Where and how ingredients are grown, reared, caught and processed.

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food, food group, eat, good, bad, healthy, unhealthy, choose, decide, cook, nutrition, nutritious



describe, properties, materials, ingredients, healthy, unhealthy, food, cook, nutritious



healthy, food, plan, order, techniques, follow, describe, ingredients, recipe, grown, reared, caught, processed



Previously, I have learnt...

In Year 3, I am learning...

In the future, I will learn...

My future...

* That a healthy diet is important.

* To follow a recipe and use simple cooking techniques, describing how my combined ingredients come together.

• To write a simple recipe and use my cooking techniques to create the dish, being hygienic and safe.

* To recognise foods that are good or bad for me.

* To create a menu that is varied and healthy and put together a step-by-step plan which shows the order and what equipment and tools I need.

* To create more detailed recipes with a step by step plan that someone else could follow and discuss why the recipe is varied and healthy, including how to be hygienic and safe.

* To describe the properties of the ingredients I am using.

* Where and how ingredients are grown, reared, caught and processed.

* The difference between food that is grown and food that is processed.

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describe, properties, materials, ingredients, healthy, unhealthy, food, cook, nutritious



healthy, food, plan, order, techniques, follow, describe, ingredients, recipe, grown, reared, caught, processed



cooking, nutrition, food, produce, cooking, techniques, recipe, create, hygiene, tools, safety, grown





* To follow a recipe and use simple cooking techniques, describing how my combined ingredients come together.

* To write a simple recipe and use my cooking techniques to create the dish, being hygienic and safe

• To create more detailed recipes with a step by step plan that someone else could follow and discuss why the recipe is varied and healthy, including how to be hygienic and safe.

* To describe the properties of the ingredients I am using.

* To describe seasonality in food production.

* To make recipes that use ingredients appropriate for the season.

* To make recipes that use ingredients appropriate for the season and meet the requirements of a particular target audience.

* Where and how ingredients are grown, reared, caught and processed.

* The difference between food that is grown and food that is processed.

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describe, properties, materials, ingredients, healthy, unhealthy, food, cook, nutritious



healthy, food, plan, order, techniques, follow, describe, ingredients, recipe, grown, reared, caught, processed



nutrition, recipes, steps, plan, discuss, varied, healthy, hygiene, safety, ingredients, seasonal, suitable, techniques, diet.





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* To write a simple recipe and use my cooking techniques to create the dish, being hygienic and safe.

* To create more detailed recipes with a step by step plan that someone else could follow and discuss why the recipe is varied and healthy, including how to be hygienic and safe.

• To create detailed recipes with instructions and explain how it is varied and healthy, including how to be hygienic and safe.

* To describe seasonality in food production.

* To make recipes that use ingredients appropriate for the season.

* To make recipes that use ingredients appropriate for the season and meet the requirements of a particular target audience.

healthy, food, plan, order, techniques, follow, describe, ingredients, recipe, grown, reared, caught, processed



nutrition, recipes, steps, plan, discuss, varied, healthy, hygiene, safety, ingredients, seasonal, suitable, techniques, diet.



cooking, nutrition, nutritious, healthy, food, ingredients, recipe, create, detailed, varied, safe, hygienic





* To create more detailed recipes with a step by step plan that someone else could follow and discuss why the recipe is varied and healthy, including how to be hygienic and safe.

* To create detailed recipes with instructions and explain how it is varied and healthy, including how to be hygienic and safe.

• To cook a range of predominantly savoury dishes so that I am able to feed myself and others a healthy and varied diet

* To describe seasonality in food production.

* To make recipes that use ingredients appropriate for the season.

* To make recipes that use ingredients appropriate for the season and meet the requirements of a particular target audience.

* To understand the source, seasonality and characteristics of a broad range of ingredients.

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nutrition, recipes, steps, plan, discuss, varied, healthy, hygiene, safety, ingredients, seasonal, suitable, techniques, diet.



cooking, nutrition, nutritious, healthy, food, ingredients, recipe, create, detailed, varied, safe, hygienic



source, seasonality, characteristics, ingredients, varied, diet, savoury

