



Cooking and Nutrition



KS1 Cooking Equipment and Skills	
Bowl	Mix with increasing thoroughness
Knife	Spread (soft ingredients)
Grater	Grate (soft foods like cheese)
Squeezer	Juice fruit
Cookie Cutters	Cut out with cutters (biscuits)
Spoon	Spoon ingredients (into different con-
Fork	Mash (soft foods eg banana)
Cocktail stick	Tread soft foods on to a cocktail stick
Rolling pin	Roll out using a rolling pin
Sieve	Sift (flour)
Weighing	Weigh out ingredients

KS2 Cooking Equipment & Skills	
Peeler	Peel (apple, potato)
Measuring spoons	Measure using measuring spoons
Garlic Press	Press
Cake tin	baking
Mixing spoon	Mix thoroughly
Palette Knife	Spread evenly over food
Vegetable knife	Chop, slice
Whisk	Whisk an egg
Kitchen scissors	snip
blender	blend
Pastry brush	Brush (egg wash)
Grater	Grate firmer foods such as carrot
Cookie Cutter	Positioning carefully to not waste
Spoon	Spoon ingredients using two spoons
Kebab Stick	Thread ingredients (medium resistance eg mushrooms,
Icing Bag/Pipe	Decorate using icing.

Seasonality			
Autumn	Winter	Spring	Summer
Apple, Blackberry, Butternut squash, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Cabbage, Carrot, Celery, Kale, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Spinach, Turnip.	Apple, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Rhubarb, Swede, Turnip	Apple, Asparagus, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Cucumber, Lettuce, Onion, Parsley, Potato, Radish, Red Onion, Rhubarb	Apple, Basil, Beans (Runner & French), Beetroot, Broccoli, Carrot, Cauliflower, Celery, Courgette, Cucumber, Fennel, Lettuce, Onion, Potato, Radish, Raspberry, Red Onion, Rocket, Rhubarb, Strawberry.






Key stage 1:

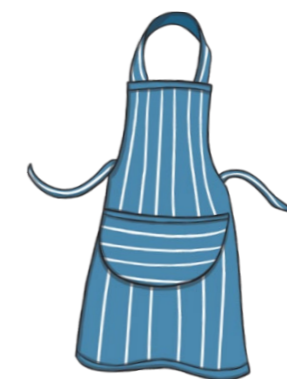
- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

Key stage 2:

- understand and apply the principles of a healthy and varied diet.
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Subject Knowledge	
Energy	We all need energy to live. All foods provide us with energy. The amount of energy in food is measured in calories (kj/kcal). It is recommended that you get your energy from a variety of food groups.
Fruit and Vegetables	Natural foods that contain lots of vitamins, minerals and fibre (healthiness that your body needs).
Starchy food	High in Carbohydrates (A big source of energy) so we shouldn't eat too much of this. 1/3 of a plate.
Dairy	Contain milk such as milk, cheese, yoghurt. Source of calcium—good for your bones and teeth. Eat in moderation. 2-3 portions a day.
Meats, fish, eggs, beans and nuts.	Contains protein which helps your body repair cells and create new ones. Helps you grow
Fats and Sugar	Our body needs some sugar and fat, however these should be seen as a treat
Water	Two thirds of a healthy body is made up of water. 6-8 glasses a day.

Where Food Comes From				
Animals				
				
Pork - bacon, sausages.	Beef—burger, minced beef, steak	Lamb (Less than 1 year old) Mutton (more than 1 year old)	Fish - Tuna, cod, crab, muscles, squid, shrimp.	Poultry - chicken, turkey,
Plants				
Roots	Stems	Leaves	Flowers	Seeds
Beetroot, Carrot, Parsnip, potato	Asparagus, ginger, sugarcane	Spinach, lettuce, celery	Artichoke, cauliflower, broccoli	Rice, peas, peanuts





Cooking and Nutrition

Health, safety and hygiene

- Allergies, dietary requirements and religious or cultural beliefs
- Classroom (or area) organisation
- Sanitisation of cooking area
- Cleaning and preparing equipment
- How to use equipment
- Appropriate clothing and self-prep, e.g. removing nail varnish, tying hair back, washing hands, wearing an apron, etc.

Food Groups

- Fruit and vegetables
- Starchy foods
- Dairy and/or alternatives
- Protein (Meat, fish, eggs, beans and nuts)
- Fats and sugar
- Drinks

Eating Well



- The 'eatwell' plate—Use the eatwell plate to demonstrate what a healthy plate looks like
- Discuss key concepts, such as '5 a day'
- Hydration and the importance of staying hydrated
- Discuss energy consumption, eating food to 'fuel' our bodies and calorie consumption
- Saturated fat and sugar consumption (the 'low fat' phenomenon)

Historical Developments

- Pasteurisation
- Potable water
- The invention of the fridge/freezer
- Canning
- The oven
- The microwave
- Frying
- The knife and eating utensils

Where does food come from?

- Plants
- Animals
- Seasonality
- Farming
- Main crops
- Livestock produce
- Arable farming
- Pastoral farming (cattle; pigs; chickens; fish)

Cooking Skills

- Mixing
- Spreading
- Grating
- Juicing
- Cutting with cutters
- Spooning ingredients
- Mashing
- Threading (cocktail stick)
- Rolling out
- Sifting
- Weighing

Cooking Equipment

- Bowl
- Knife
- Grater
- Squeezer
- Cutters
- Spoon
- Fork
- Cocktail stick
- Rolling pin
- Sieve
- Weighing scales

Key Individuals

- Fred W. Wolf (Refrigerator)
- Louis Pasteur (Pasteurisation)
- Nicholas Appert (Canning)
- Frank Epperson (The ice lolly)
- George Crum (The crisp)
- Doctor John Pemberton (Coca Cola)
- Jamie Oliver (Celebrity/Healthy Schools)



Types of Farming

Types of Farming	
Arable	Growing of crops and cereals.
Pastoral	Rearing and production of animals including pigs,
Mixed Farming	Combination of arable and pastoral farming
Horticulture	Production of flowers, fruit, vegetables or ornamental
Market Gardening	Small scale production of fruits, vegetables and flowers
Viticulture	Production of grapes

