



# Bugle School

Aspire Academy Trust



D&T Cooking & Nutrition Curriculum

# Design Technology Cookery and Nutrition

Year 1	 <p style="text-align: center;"><b>Stripy Salad Pots and/or Bagel Bruschetta.</b></p>	 <p style="text-align: center;"><b>Simple Spring rolls</b></p>
Year 2	 <p style="text-align: center;"><b>Plant salad (coleslaw)</b></p>	 <p style="text-align: center;"><b>Scrummy Scones</b></p>
Year 3	 <p style="text-align: center;"><b>Prepare and make a Hindu main and side.</b></p>	 <p style="text-align: center;"><b>Bacon, bean and herb salad</b></p>
Year 4	 <p style="text-align: center;"><b>Roman carrots in sweet and sour sauce served with ancient Roman flat bread.</b></p>	 <p style="text-align: center;"><b>Hot Cross Buns</b></p>
Year 5	 <p style="text-align: center;"><b>Corn Cheese balls &amp; Salata (Salad)</b></p>	 <p style="text-align: center;"><b>St George's Day Cupcakes</b></p>
Year 6	 <p style="text-align: center;"><b>Beef Stew &amp; Dumplings followed by Victorian Tea Cookies.</b></p>	 <p style="text-align: center;"><b>Plan and prepare for an end of Year 6 Summer BBQ.</b></p>

Alternative ideas linking with History can be found here: [History cookbook](#).

	Year 1		Year 2	
	Assemble ingredients to prepare food, using simple tools to cut, peel or grate safely and hygienically.		Prepare food safely and hygienically, measuring and weighing ingredients using measuring cups and digital scales.	
	<b>Link to plants</b>	<b>Chinese New Year</b>	<b>Link to plants</b>	<b>St Piran's Day</b>
<b>Overview</b>	 <p><i>Stripy salad pots and Bagel Bruschetta</i></p>  <p>Understand the basic principles of a healthy and varied diet to prepare dishes.</p> <p>Understand where food comes from.</p>	 <p><i>Simple Spring rolls</i></p> <p>Understand the basic principles of a healthy and varied diet to prepare dishes.</p> <p>Understand where food comes from.</p>	 <p><i>Plant salad (coleslaw)</i></p> <p>Understand the basic principles of a healthy and varied diet to prepare dishes.</p> <p>Understand where food comes from.</p>	 <p><i>Scrummy scones</i></p> <p>Understand the basic principles of a healthy and varied diet to prepare dishes.</p> <p>Understand where food comes from.</p>
	<b>Final Outcome</b>	<ul style="list-style-type: none"> <li>- <b>Prepare and create a stripy salad pot and/or Bagel Bruschetta.</b></li> <li>- <b>Prepare and make simple spring rolls.</b></li> </ul>		<ul style="list-style-type: none"> <li>- <b>Prepare and create a plant salad.</b></li> <li>- <b>Prepare, bake and assemble scrummy scones.</b></li> </ul>
<b>Key Skills</b>	<p><u>Cutting &amp; Knife skills</u></p> <p>With <b>close</b> supervision:</p> <ul style="list-style-type: none"> <li>- Use the bridge hold to cut harder foods using a serrated vegetable knife (eg. apple)</li> <li>- Use the claw grip to cut soft foods (eg. tomato)</li> <li>- Peel soft vegetables using a peeler (cucumber))</li> <li>- Peel harder food (apple)</li> <li>- Cut food into evenly sized pieces</li> <li>- Use a melon baller to core an apple</li> <li>- Grate food (cheese/carrot)</li> </ul> <p><u>Mixing and moulding</u></p> <p>With <b>close</b> supervision:</p> <ul style="list-style-type: none"> <li>- Mix, stir and combine liquid and dry ingredients.</li> <li>- With help, assemble and arrange cold ingredients (sandwich, fruit kebabs, bruschetta).</li> </ul>		<p><u>Knife skills</u></p> <p>With <b>close</b> supervision:</p> <ul style="list-style-type: none"> <li>- Use the bridge hold to cut harder foods using a serrated vegetable knife (carrot, celery)</li> <li>- Use the claw grip to cut soft foods using a serrated vegetable knife</li> <li>- Cut food into evenly sized largish pieces.</li> </ul> <p>With <b>moderate</b> supervision:</p> <ul style="list-style-type: none"> <li>- Using physical guidance if necessary, peel harder food (carrot).</li> <li>- Grate soft food, using a grater</li> </ul> <p><u>Mixing and moulding</u></p> <p>With <b>moderate</b> supervision:</p> <ul style="list-style-type: none"> <li>- Mix, stir and combine liquid and dry ingredients (scones)</li> <li>- Use hands to rub fat into flour</li> <li>- Crack and egg and beat together using a fork</li> <li>- Use a small table knife to spread (jam on scone)</li> <li>- use biscuit cutters</li> </ul>	

			<ul style="list-style-type: none"> <li>- assemble and arrange cold ingredients (scones and filling, coleslaw).</li> </ul> <p>Heating:</p> <ul style="list-style-type: none"> <li>- children to <b>observe</b> adults using oven</li> <li>- be able to prepare food for baking by greasing tins etc.</li> </ul>
<b>Equipment</b>	<p>Chopping board Grater Plate Vegetable knife Peeler Kitchen scissors 2 x Plastic cups</p> <hr/> <p>Mixing bowl, kitchen scissors, dessert spoon, bread knife, chopping board, baking tray, oven gloves, spatula, plate</p>	<p>Chopping board Vegetable knife Vegetable peeler Grater mixing bowl kitchen scissors measuring spoons dessert spoons baking tray pastry brush oven gloves</p>	<p>Chopping board Sharp knife Kitchen scissors Vegetable peeler Grater Mixing bowl 15ml spoon (tablespoon)</p> <p>Weighing scales Baking tray lines with grease proof paper Sieve Mixing bowl Measuring jug Palette knife Flour dredger Rolling pin (optional) round cutters pastry brush oven gloves cooling rack</p>
<b>Key Vocab</b>	<p>Grate, snip, cut (chop, dice, trim).</p> <hr/> <p>Snip, stir, slice, divide, bake, peel</p>	<p>Weigh, measure, cut (chop, dice, trim), grate, mix, stir, combine, portion (divide), fold, glaze (coat), bake</p>	<p>Measure Core Snip Cut and trim Peel Grate mix</p> <p>Weigh Measure Sift Rub in Knead Roll out Cut out Glaze bake</p>

	Year 3	Year 4		
	Follow a recipe, using appropriate utensils and measuring skills to prepare a savoury food.	Follow a recipe, using appropriate utensils and measuring ingredients to the nearest gram accurately in order to prepare food.		
	<b>Hinduism</b>	<b>Animals inc humans - Nutrition</b>	<b>Romans</b>	<b>Easter</b>
<b>Overview</b>	 <p><i>Naan bread &amp; potato &amp; chicken curry (3 groups)</i></p>	 <p><i>Bacon, bean and herb salad.</i></p>	  <p><i>Roman carrots in sweet and sour sauce served with ancient Roman flat bread.</i></p>	 <p><i>Hot cross buns.</i></p>
<b>Final Outcome</b>	<ul style="list-style-type: none"> <li>- <b>Prepare and make a Hindu main dish with a side.</b></li> <li>- <b>Create and assemble a nutritious salad.</b></li> </ul>		<ul style="list-style-type: none"> <li>- <b>Create a Roman inspired side dish and serve with flat bread.</b></li> <li>- <b>Bake Hot Cross Buns.</b></li> </ul>	
<b>Key Skills</b>	<p><u>Knife skills:</u> With <b>moderate</b> supervision</p> <ul style="list-style-type: none"> <li>- Begin to use the claw grip to cut harder foods using a serrated vegetable knife (potato).</li> <li>- Begin to use both the bridge hold and claw grip to cut the same food using a serrated knife (onion).</li> <li>- Cut foods into evenly sized strips or cubes (potatoes, chicken, cucumber).</li> </ul> <p><b>Independently</b></p> <ul style="list-style-type: none"> <li>- Begin to peel harder food (potato).</li> </ul> <p><u>Mixing and moulding:</u> With <b>moderate</b> supervision</p> <ul style="list-style-type: none"> <li>- Mix, stir and combine wet and dry ingredients.</li> <li>- Crack an egg and beat with a balloon whisk.</li> <li>- Cream fat and sugar together using a wooden spoon.</li> <li>- Use a rolling pin to flatten and roll out dough (naan bread).</li> </ul> <p><b>Independently</b></p> <ul style="list-style-type: none"> <li>- Sieve flour, raising agents and spices together</li> </ul>		<p><u>Knife skills:</u> With <b>moderate</b> supervision</p> <ul style="list-style-type: none"> <li>- Use the claw grip to cut harder foods using a serrated vegetable knife.</li> <li>- Use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife.</li> <li>- Cut foods into evenly sized strips or cubes.</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>- Peel harder food</li> </ul> <p><u>Mixing and moulding:</u> With <b>moderate</b> supervision:</p> <ul style="list-style-type: none"> <li>- Mix, stir and combine wet and dry ingredients uniformly (eg: to form a dough).</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>- Sieve flour, raising agents and spices together in a bowl.</li> <li>- Crack an egg and beat with a balloon whisk</li> <li>- Use a rolling pin to flatten and roll out dough (flatbread)</li> <li>- Knead and shape dough into evenly sized shapes</li> </ul>	

	<ul style="list-style-type: none"> <li>- Use hands to rub fat into flour</li> <li>- Knead and shape dough to evenly sized pieces</li> <li>- Assemble and arrange ingredients for simple dishes.</li> </ul> <p><u>Heating</u></p> <ul style="list-style-type: none"> <li>- <b>Observe</b> adults cooling on the hob/putting in and removing food from the oven.</li> </ul> <p>With <b>close</b> supervision:</p> <ul style="list-style-type: none"> <li>- Begin to use a toaster/microwave</li> <li>- Use physical guidance when necessary, handle hot food safely once adults have removed from hob/oven (use oven gloves and a fish slice to remove items from trays).</li> </ul>		<ul style="list-style-type: none"> <li>- Assemble and arrange ingredients for simple dishes.</li> </ul> <p><u>Heating</u></p> <ul style="list-style-type: none"> <li>- <b>Observing</b> adults cooking on the hob or putting in/removing food from the oven.</li> </ul> <p>With <b>close</b> supervision:</p> <ul style="list-style-type: none"> <li>- Handle hot food safely once adults have removed from oven/hob (use oven gloves and a fish slice to remove items from baking tray).</li> </ul>	
<p><b>Equipment</b></p>	<p>Scales Knife Chopping board Saucepan with lid Colander Measuring spoons Frying pan with lid Wooden spoon Can opener Small mixing bowl grater</p>	<p>Oven gloves Tongs Vegetable knife 2 chopping boards Saucepan Colander tin opener measuring spoons Mixing spoon large mixing bowl Jar with lid Serving bowl</p>	<p>Vegetable peeler Vegetable knife Chopping board Saucepan &amp; lid Scales Measuring spoons jug Large bowl towel rolling pin frying pan</p>	<p>scales Measuring jug Measuring spoons Saucepan Wooden spoon Sieve Large mixing bowl Baking tray Pastry brush Cooling rack</p>
<p><b>Key Vocab</b></p>	<p>Weigh Measure sift Peel Cut, dice, slice Boil, simmer Drain Fry Stir Mix Knead Divide Form and shape bake</p>	<p>Weigh Measure Drain Juice Grill Trim, chop Boil Mix garnish</p>	<p>Weigh Measure Melt Pour Knead Peel Slice Boil Stir Mix sprinkle</p>	<p>Weigh Measure Melt Sift Stir Beat Knead Divide Shape and form Prove Bake glaze</p>

	Year 5		Year 6	
	As designers, scale up or down a recipe, having accurately calculated ratios of carefully measured ingredients.		As designers, create and refine recipes that demonstrate a range of baking and cooking techniques, applying previously learned skills. <b>Mastery</b> Children are able to make quality products, evidencing a range of independent cooking skills of a particularly high standard. Click below for further Food and Nutrition examples.	
	<b>Ramadan (Muslim)</b>	<b>St George's Day cupcakes</b>	<b>Victorians</b>	<b>End of Year 6 Summer BBQ</b>
<b>Overview</b>	 <p>Corn Cheese balls &amp; Salata (Salad)</p>	 <p>Lemon Cupcakes to celebrate St George's Day.</p>	 <p>Beef Stew and Dumplings followed by Victorian Tea cookies.</p>	 <p>Homemade burgers, potato salad and coleslaw</p>
<b>Final Outcome</b>	<ul style="list-style-type: none"> <li>- Create an Muslim dish to serve at Iftar (evening meal that ends Ramadan).</li> <li>- Bake and decorate (using roll out icing and piped icing) Lemon cupcakes.</li> </ul>		<ul style="list-style-type: none"> <li>- Create a Victorian inspired dish.</li> <li>- Plan and prepare end of summer Y6 BBQ.</li> </ul>	
<b>Key Skills</b>	<p><u>Knife skills:</u> With <b>moderate</b> supervision</p> <ul style="list-style-type: none"> <li>- Finely grate hard foods (zesting)</li> <li>- With support, use a tin opener</li> <li>- Dice foods and cut them into evenly sized, fine pieces (cucumber, tomatoes, onions)</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>- Confidently use the claw grip to cut harder foods using a serrated knife (peppers, cucumber)</li> <li>- Confidently use both the bridge hold and claw grip to cut the same food using a serrated knife (tomato, onions)</li> <li>- Confidently peel harder foods using a peeler (potato)</li> </ul> <p><u>Mixing and moulding:</u> With <b>moderate</b> supervision:</p> <ul style="list-style-type: none"> <li>- With help separate eggs</li> </ul>		<p><u>Knife skills:</u> With <b>moderate</b> supervision</p> <ul style="list-style-type: none"> <li>- Dice foods and cut them into evenly sized, fine pieces (garlic, vegetables, herbs).</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>- Finely grate hard foods (zesting, parmesan cheese).</li> <li>- Confidently use the claw grip to cut harder foods using a serrated vegetable knife (carrot, parsnips, turnips).</li> <li>- Confidently use the bridge hold and claw grip to cut the same food using a serrated vegetable knife.</li> <li>- Confidently peel harder food using a peeler.</li> </ul> <p><u>Mixing and moulding:</u> With <b>moderate</b> supervision:</p> <ul style="list-style-type: none"> <li>- Separate eggs</li> </ul>	

	<ul style="list-style-type: none"> <li>- Whisk using a electric hand whisk (eggs)</li> <li>- Cream fat and sugar together using an electric hand mixer</li> </ul> <p><b>Independently:</b></p> <ul style="list-style-type: none"> <li>- Use finger tips to rub fat into flour to make fine bread crumbs.</li> <li>- Confidently crack an egg</li> <li>- Use a rolling pin to flatten and roll out dough (flatbread)</li> <li>- Knead and shape dough or mixture into evenly sized shapes</li> </ul> <p><u>Heating</u> With <b>close</b> supervision:</p> <ul style="list-style-type: none"> <li>- <b>With help</b>, begin to use the hob or electric saucepan to cook simple dishes.</li> <li>- Handle hot food safely once adults have removed from oven/hob (use oven gloves and a fish slice to remove items from baking tray).</li> </ul>		<ul style="list-style-type: none"> <li>- Whisk using and electric hand mixer.</li> <li>- Cream fat and sugar together using a hand mixer.</li> </ul> <p>Independently:</p> <ul style="list-style-type: none"> <li>- Use finger tips to rub fat into flour to make fine 'breadcrumbs'.</li> <li>- Sieve wet and dry ingredients with precision.</li> <li>- Confidently crack an egg.</li> <li>- Use a rolling pin to roll out dough to a specific thickness.</li> <li>- Spread food evenly with a coating, paste or glaze.</li> <li>- Knead, shape dough into a variety of shapes.</li> <li>- Use hands to shape mixtures into evenly sized pieces (burgers).</li> </ul>	
Equipment	<p>Saucepan Bowl Tin opener Vegetable knife Chopping board Wooden spoon Wok / deep saucepan Slated spoon</p>	<p>cupcake pan cupcake liners handheld mixer spatula medium bowl scales grater wooden spoon cooling rack</p>	<p>Vegetable knife peeler Chopping board Measuring jug Weighing scales Tablespoon Teaspoon Deep pan Dish Wooden spoon</p>	<p>Mixing bowl Chopping board Knife Plate Fish slice Mixing bowls Measuring spoons Metal spoon Peeler Grater</p>
Key Vocab	<p>Measure Peel Cut, dice, chop Boil Drain Fry Stir/Mix Combine Sprinkle Pour Toss garnish Divide Form and shape</p>	<p>Weigh Measure line beat scrape Stir Beat toss spoon Bake</p>	<p>Grease Mix Blend Mixture Knead Press Bake Season Toss Brown Chop Soften Peel Thicken reduce</p>	<p>Measure/weigh Core Snip/chop Cut and trim Peel Grate Mix Separate/divide Shape grill</p>

## Progression of skills

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b><u>Cooking and nutrition</u></b>	<ul style="list-style-type: none"> <li>• Understand where food comes from (plants/animals).</li> <li>• Group familiar food products e.g. fruit and vegetables.</li> <li>• Cut ingredients safely.</li> <li>• Prepare simple dishes – safely and hygienically-without using a heat source.</li> </ul>	<ul style="list-style-type: none"> <li>• Know that food must be farmed, grown elsewhere or caught.</li> <li>• Group foods into the five groups in The Eatwell Plate.</li> <li>• Cut, grate or peel ingredients safely.</li> <li>• Prepare simple dishes- safely and hygienically- without using a heat source.</li> <li>• Measure or weigh using cups or electronic scales.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to know that food is grown (such as tomatoes, wheat and potatoes), reared (pigs, chickens, cattle) and caught (fish) in UK, Europe and the wider world.</li> <li>• Cut materials accurately and safely by selecting appropriate tools.</li> <li>• Know that a healthy dish is made from a variety of different food and drink, as depicted in The Eatwell Plate.</li> <li>• Measure and weigh ingredients appropriately.</li> <li>• Follow a recipe.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that food is grown, reared and caught in UK, Europe and the wider world.</li> <li>• Understand how to prepare and cook a variety of predominately savoury dishes.</li> <li>• Apply appropriate cutting and shaping techniques that include cuts within the perimeter of the material (such as slots or cut outs).</li> <li>• Measure ingredients using scales.</li> <li>• Prepare ingredients hygienically and using the appropriate utensils by following a recipe.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that food is processed into ingredients that can be eaten or used in cooking.</li> <li>• Assemble or cook ingredients controlling the temperature of the oven or hob if cooking.</li> <li>• Measure accurately using different equipment.</li> <li>• Create recipes, including ingredients, methods, cooking times and temperatures.</li> <li>• Understand the importance of correct storage and handling of ingredients.</li> </ul>	<ul style="list-style-type: none"> <li>• Using knowledge and skills, know how to prepare and cook a variety of savoury dishes.</li> <li>• Combine ingredients appropriately e.g. beating or rubbing.</li> <li>• Measure ingredients to the nearest gram and millilitre and calculate ratios of ingredients to scale up or down from a recipe.</li> <li>• Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.</li> <li>• Create and refine recipes, including ingredients, methods, cooking times and temperatures.</li> </ul>

