



## Long Term Curriculum Plan

Concept	EYFS	YEAR ONE	YEAR TWO	YEAR THREE	YEAR FOUR	YEAR FIVE	YEAR SIX
<p><b>Food and Nutrition.</b></p> <p><b>Development Matters.</b></p> <p>Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> <li>• regular physical activity</li> <li>• healthy eating</li> <li>• toothbrushing</li> </ul> <p><b>Content (NC with local adaptations)</b></p> <p><b>Key stage 1-</b> Use the basic principles of a healthy and varied</p>	<p>Cooking and Nutrition- Children will manage their own basic hygiene and personal needs.</p> <p>Children will understand the importance of healthy food choices.</p>	<p>Where food comes from.</p> <p>Name and sort food.</p> <p>Know five portions per day rule.</p> <p>Preparing fruit and vegetables for a purpose.</p> <p>Preparing food safely with an understanding of the need for a balanced diet.</p>	<p>Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <p>That food ingredients can be fresh, pre-cooked and processed.</p> <p>A healthy and varied diet.</p> <p>How to cut, peel and grate.</p>	<p>Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <p>That food ingredients can be fresh, pre-cooked and processed.</p> <p>A healthy and varied diet.</p> <p>Build on healthy plate, including drinks.</p> <p>Peel, chop, grate, mix and spread.</p>	<p>Explain safety and how to be hygienic.</p> <p>Know food and drink are needed for the body to stay healthy.</p> <p>Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <p>Explore grown food such as wheat and reared pigs, chickens.</p>	<p>Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <p>Knowing a recipe can be adapted by adding or Substituting one or more ingredients.</p> <p>Know recipes can be adapted to change the appearance, texture and aroma.</p> <p>How to be safe and hygienic.</p>	<p>Know that food and drink have different substances (Nutrients, water, fibre) that are needed for health.</p> <p>Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <p>Understanding a recipe can be adapted by adding or Substituting ingredients.</p>

<p>diet to prepare dishes.</p> <p>Understand where food comes from.</p> <p><b>Key stage 2-</b> Understand and apply the principles of a healthy and varied diet.</p> <p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <p>Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.</p>					<p>Think about ways to present products in attractive and interesting ways.</p> <p>Cook savoury dishes using a heat source.</p> <p>That food ingredients can be fresh, pre-cooked and processed.</p>	<p>Present food well.</p> <p>Healthy and Varied Diet.</p> <p>Explain how there is different substances in food and drink.</p> <p>Know how to peel, chop, slice, knead, spread and bake.</p> <p>Cook savoury dishes using a heat source.</p>	<p>Use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, Kneading and baking.</p>
<p><b>Substantive Knowledge</b></p>	<p>Children will know how to wash their hands sufficiently.</p> <p>Children will know why they have to wash their hands, especially before eating.</p>	<p>Children know that food comes from plants and animals.</p> <p>Children know that eggs come from chickens.</p>	<p>Children know what foods are grown in the different seasons.</p> <p>Children know what foods are reared.</p>	<p>Children know what a healthy plate looks like.</p> <p>Children know what drinks are healthy for them.</p>	<p>Children know the importance of food hygiene and safety in the kitchen, building on previous knowledge.</p>	<p>Children will begin to name different substances in drinks.</p> <p>Children begin to name different substances in food.</p>	<p>Children can name different substances in food and drink that are needed for health.</p> <p>Children can name foods that are</p>

	<p>Children will know what foods are healthy.</p> <p>Children will know what foods are unhealthy.</p> <p>Children will know the importance of exercise.</p>	<p>Children know that fruit and vegetables come from various plants.</p> <p>Children know that milk, butter, and cheese come from cows.</p> <p>Children know that meat comes from animals.</p> <p>Children know that eating 5 pieces of fruit and vegetables 5 times a day keeps us healthy.</p> <p>Children can name a variety of foods and sort them into healthy and unhealthy foods.</p> <p>Children know how to prepare foods safely.</p> <p>Children know that surfaces need to be clean</p>	<p>Children know what foods are caught. Children know what foods are processed.</p> <p>Children know how to chop a variety of foods safely.</p> <p>Children know how to grate foods safely.</p>	<p>Children know how to chop food safely and correctly.</p> <p>Children know how to spread foods successfully.</p>	<p>Children can name some foods that are grown or reared.</p> <p>Children know how to presents food on a plate so it looks aesthetically pleasing to the eye.</p> <p>Children know what objects in the kitchen produces a heat source.</p> <p>Children will know what savoury foods there are.</p> <p>Children will know how to cook a savoury dish.</p> <p>Children will know what processed foods there are.</p>	<p>Children can explain why dishes need to be adapted and changed sometimes.</p> <p>Children will know how to knead and bake.</p> <p>Children can cook a savoury dish.</p>	<p>grown in different seasons.</p> <p>Children can name foods that have been caught.</p> <p>Children can name foods that have been reared.</p> <p>Children can name foods that have been processed.</p> <p>Children can talk about when recipes need to be adapted or changed during cooking time.</p> <p>Children can peel, chop, grate, slice, mix, spread and knead foods safely and accurately.</p>
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		for food preparation.					
<b>Disciplinary Knowledge</b>	<p>Adults are to model how to wash hands sufficiently.</p> <p>Show children what healthy foods look like through real food or pictures.</p> <p>Show children unhealthy foods using real food or pictures.</p> <p>Use picture books and other resources to explain the importance of the different aspects of a healthy lifestyle.</p>	<p>Explore with the children where different foods originate e.g farming, homegrown, or caught.</p> <p>Adults will model cutting and chopping techniques to the children.</p> <p>Adults will discuss the importance of being safe in the kitchen.</p> <p>Adults will model the correct use of equipment and explain why.</p>	<p>Adults will discuss which foods are grown in what season. <a href="#">Food origins (7-11 Years) - Food A Fact Of Life</a></p> <p>Adults will teach the children about the proportions of different food groups needed for a balanced diet. <a href="#">What are the main food groups? - BBC Bitesize</a></p> <p>Adults will give a basic introduction to essential nutrients like Vitamin C (found in oranges) and Calcium (found in milk).</p> <p>Adults will model how to chop food safely.</p> <p>Adults will model how to spread foods successfully.</p>	<p>Adults to show children different types of savoury foods.</p> <p>Adults to show children what processed foods there are.</p> <p>Adults will show and explain what objects around the kitchen produce a heat source.</p> <p>Adults will model how to present food on a plate so it is aesthetically pleasing to see. <a href="#">Lyfta Student</a></p>	<p>Adults to explain a healthy, balanced diet. <a href="#">Teacher - View lesson plan (id: 636) (lyfta.com)</a></p> <p>Adults will model how to cook a savoury dish safely using a heat source.</p> <p>Adults will teach the children about different substances in drinks and food.</p>	<p>Adults to discuss with children in what season vegetables and fruit are grown in.</p> <p>Adults will discuss foods we eat that are caught.</p> <p>Adults will discuss and name foods that are reared for us to eat.</p> <p>Adults to discuss with children the types of food which are processed.</p> <p>Adults to discuss in which situations recipes may need to be adapted or changed.</p> <p>Adults to recall knowledge with children on how to peel, mix, chop, grate, slice and knead foods</p>	

						successfully and safely.
Why here?/ Why now?	Children understand the importance of healthy food choices. Children manage their own basic hygiene needs.	Children will build on skills from EYFS including chopping and mixing.	Children will build on skills from KS1. Children will experience tasting foods from a wider locational source. They will discover where more foods come from. Children will look at imports and exports in and out of the UK. This will lead children to learn about fair trade.	Children have experienced foods from locally sources to European wide. Children will have the opportunity to experience foods from around the world and will focus on foods that have been grown under fair trade.		
Vocabulary	Apron. Chop. Cut. Equipment. Fork. Knife. Mix. Spoon.	Amount. Baking sheet. Basin. Chopping board. Cleaning cloths. Grater. Ingredients. Knead. Masher. Measure. Measuring jug. Spoons. Methods. Mixing bowl. Pastry cutter. Peeler. Pizza tray. Recipe. Saucepans. Scales. Sieve. Weigh. Wooden spoon.	Grams. Kilograms. Hygiene. Ladle. Millilitres. Litres. Spatula. Temperature. Whisk.			

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