

Prior Learning

- Have knowledge and understanding about food, hygiene, nutrition, healthy eating and a balanced diet.
- Be able to use appropriate equipment and utensils and apply a range of techniques for measuring out, preparing and combining ingredients.
- I know that food is processed to make it edible, last longer or more nutritious.

Sticky Learning

- I know about seasonality in relation to food products and the source of different food.
- I know that eating food in season is a way of ensuring sustainability.
- I know a food label includes information about ingredients and nutrients.
- I know how to use utensils and equipment, including a heat source, to prepare and cook food.
- I know how to generate innovative ideas through research and discussion with peers and adults to develop a design brief.
- I know how to use words, annotated sketches and information and communication technology as appropriate to develop and communicate ideas.
- I know how to write a step-by-step recipe, including a list of ingredients, equipment and utensils.
- Evaluate the final product with reference back to the design brief and design specification.

Safety and hygiene



Blend	To mix foods together very smoothly, often using a blender.
Carbohydrate	A nutrient in foods like bread, rice, and pasta that gives us energy to run, play, and think.
Chopping board	A flat board you cut food on to protect the table or work surface.
Combine	To put two or more foods or things together.
Design brief	A set of instructions that explains what needs to be made and why.
Evaluate	To think about how well something works, what is good about it, and what could be improved.
Fat	A nutrient that gives us energy and helps keep our bodies warm and healthy, but too much can be unhealthy.
Functionality	How well something works and does the job it is supposed to do.
Hob	The flat top part of a cooker where you heat and cook food in pans.
Hygienic	Keeping things clean to stop germs spreading, especially when preparing food.
Knife	A sharp tool used for cutting food.
Mix	To put foods together and move them around so they are combined.
Nutrients	All the important parts of food (like protein, fat, carbohydrates, vitamins, and minerals) that our bodies need to live and grow.
Peeler	A tool used to take the skin off fruit and vegetables.
Pour	To make a liquid flow from one container into another.
Preference	What you like or choose, for example, preferring apples instead of oranges.
Protein	A nutrient in foods like meat, fish, beans, and eggs that helps our muscles grow and repair.
Purpose	The reason something is made or used; what it is meant to do.
Saucepan	A deep pan with a handle, used for boiling or cooking food.
Season	A time of year, like spring, summer, autumn, or winter, each with its own weather and foods that grow well.
Seasonality	The idea that certain foods grow best at different times of the year. Example: Strawberries grow in summer.
Stir	To move food around in a bowl or pan using a spoon.
Sugar	Something that makes food taste sweet and gives us quick energy, but too much is bad for teeth and health.
Vitamins	Special nutrients that keep our bodies working properly and keep us healthy.
Wooden spoon	A spoon made of wood used for stirring food while it cooks.