



St. Francis Xavier's RC Primary School

Design Technology Unit Guidance and Formative Assessment

Year Group:	EYFS- Year 6	Subject:	Design Technology
Unit:	Cooking and Nutrition	Curriculum Links	EYFS: Health and Self Care Y1: Science- Our Bodies Y2: Science- Humans, understanding health and exercise Y3: Science- Identifying importance of diet History- Stone Age Y4: Science- The digestive system and teeth Y5: Geography- Ancient Greek cuisine Y6: Geography- South America

ROCKS (Remembering Our Curriculum Knowledge and Skills)

- Understand where the food we eat comes from, including seasonality of produce
- Eating a balanced diet is important to maintain a healthy lifestyle
- Use a range of cooking techniques to prepare dishes
- Health and safety principles should be followed when preparing food

Progressive Journey:	Skills:
EYFS: Health and self-care Y1: Savoury dips Y2: Jewish bread Y3: Stone Age stew Y4: Hot cross buns, create a chocolate bar Y5: Seasonal produce, Greek chicken souvlaki Y6: South American quesadillas All classes to prepare an additional dish during Healthy Eating Week	Begin to explore the importance of a healthy diet Safely use simple cutting and chopping techniques Explore the journey from field to fork and seasonality Recognise how food is an important part of culture Begin to measure and weigh ingredient with some accuracy, baking skills How ingredients are gathered and sourced, both historically and today. Using a hob safely Evaluate ingredients based on a purpose and user, create a new product Understand importance of food hygiene principles, particularly when handling meat Explore the nutrition which comes from different foods and the impact on our bodies Compare different global cuisines Evaluate recipes and suggest improvements

Key Vocabulary
 Food, ingredients, nutrition, healthy, clean, safety, chop, cut, knife, produce, seasonality, savoury, sweet, cuisine, prepare
 Weigh, measure, bake, cook, fry, personal hygiene, food hygiene, contamination, protein, fat, carbohydrate, mineral, vitamin, evaluate