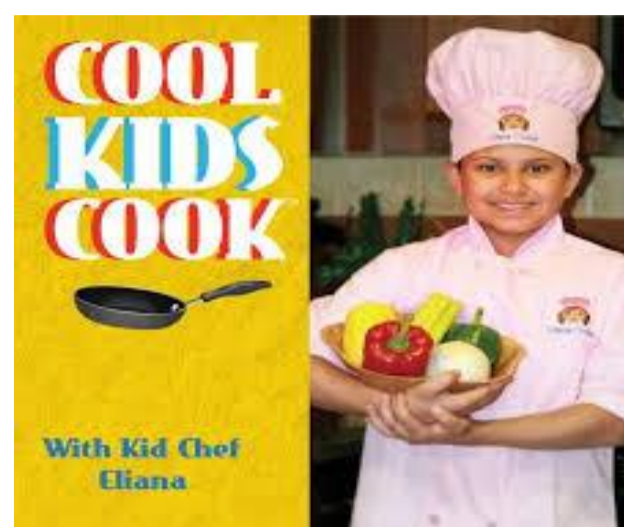




Learning Journey Food Tech Primary

Range of cooking skills	Golden Concepts	Understanding of food sources and seasonality
Healthy eating		Personal and kitchen hygiene

Learn more, remember more, apply more



Summer Term

Term 5
Working more independently

Able to plan a nutritious meal using the eat well plate as guidance.
Able to understand that food is processed into different ingredients e.g. Milk into butter.
Able to select the correct ingredients and amounts for basic dishes ready to cook.
Ability to select and use the correct equipment and handle safely and hygienically whilst preparing food.
Demonstrate an understanding that some foods are seasonal and can give some examples.

Term 6
Demonstrating an understanding of working safely

Able to select ingredients and prepare them using utensils and electrical equipment.
Able to weigh ingredients to an appropriate level of accuracy.
Able to identify what chopping board to use for different foods so preventing cross contamination, also can state what food poisoning is.
Can state three methods of storing foods, plus know the correct temperature of a fridge and freezer.
Able to identify why wearing of PPE is important plus know the basic functions of several pieces of equipment.



Term 4
Working in a safe and hygienic way

Able to take temperatures of the start, middle and ending of cooking.
Able to work in a safe, hygienic way avoiding hygiene risks.
Continue to develop the ability to check food and identifies a dish that requires improvement in flavour/seasoning and can suggest what to add.
Able to use correct equipment to achieve different cooking methods.

Term 2
Understanding cooking temperatures

Continue to demonstrate an understanding of safe and unsafe cooking temperatures.
Able to carry out the weighing out of ingredients for a recipe and complete the dish unaided.
Able to state all sections of the Eat Well plate and why they differ in size.
Demonstrate the ability to check food and identifies a dish that requires improvement in flavour/seasoning.

Spring Term

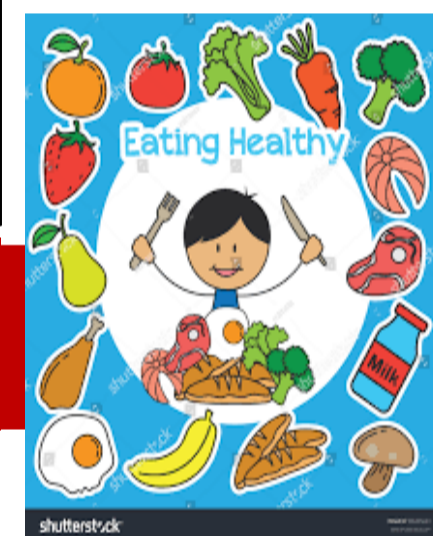


Term 1
Identifying key nutrients in foods

Able to identify which nutrients are present in different foods.
Recognise the importance of 5 fruit/vegetables a day
Will be able to prepare different vegetables for chopping (washing, coring, peeling,).
Prepare and cook complex sandwiches using the correct methods and equipment.

Term 5
Identifying hygiene hazards

Demonstrate an understanding of safe and unsafe cooking temperatures.
Able to weigh out ingredients for a recipe and complete the dish unaided.
Understand and explain all sections of the Eat Well plate and why they differ in size.
Able to check food and identify that the dish requires improvement in flavour/seasoning.



Autumn Term

Red/
Purple class

Term 6
Avoiding cross contamination and the use of PPE

Demonstrate how to take steps to avoid cross contamination.
Understand the purpose full PPE and uses PPE correctly (apron/jacket, oven gloves).

Term 4
Understanding kitchen safety and hazards

Identify and resolve potential food hygiene hazards.
Able to read and follows a recipe in order to create a dish.

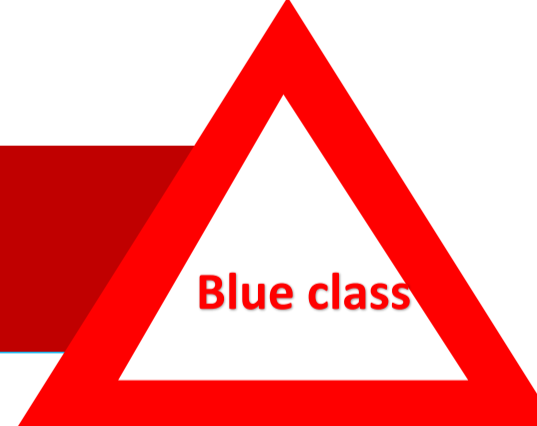
Summer Term

Term 3
Identifying equipment and methods

Able to identify equipment required and process for different cooking methods.
Able to cook a dish using a variety of cooking methods to the required standard.
Able to draw a diagram of a cooker and hob and label parts, list what each coloured chopping board is used for to prevent cross contamination.

Term 1
understanding source of plants and animals

Demonstrate a good understanding on kitchen safety.
Able to prepare a fruit salad using a minimum of 5 fruits.
Name various pieces of kitchen equipment, plus point out dangers in the kitchen from pictorial diagrams.

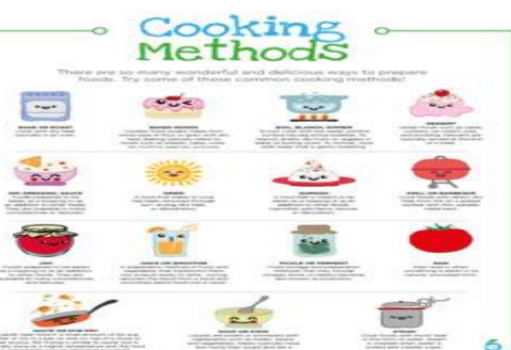


Term 2
Basic skills

To be able to prepare a fruit salad using a minimum of 3 fruits.
Demonstrate how to make a cup of tea and cheese and tomato toasties.
Able to draw a diagram for the correct way to wash hands and explain the importance of the procedure.

Term 4
Understanding kitchen safety and hazards

Able to understand that food comes from plants and animals and has to be farmed, grown or caught.
Able to identify various cookery items (equipment) and use the correct name.



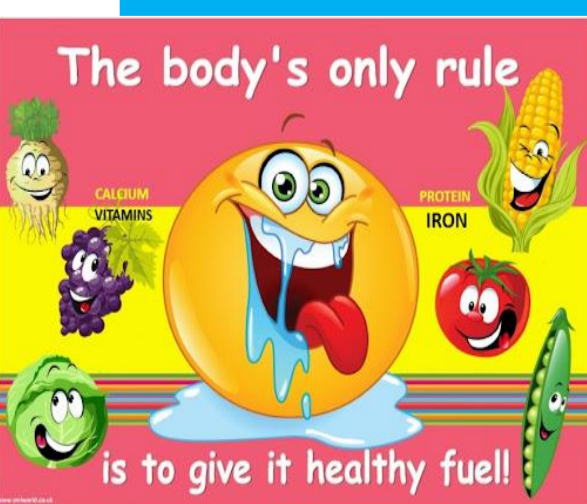
Term 5
Preparation of fruit and veg with the right tools.

Term 6
origins of some foods

Summer Term

Able to identify how different fruit and vegetables need to be prepared.
Demonstrate the use the right tools to peel, grate and chop.

Will be able to understand that food comes from plants and animals and has to be farmed, grown or caught.
Able to identify various cookery items (equipment) and use the correct name.



Term 4
The importance of a good diet and weighing/measuring

Understand why we should eat at least 5 portions of fruit and veg each day.
Understand how to measure and weigh out ingredients.

Term 3
Use of correct tools and eating healthily

Can demonstrate the use of the right tools to peel fruit or veg.
Able to name foods from each section of the EatWell plate

Spring Term



Autumn Term

Term 1
Personal Hygiene and cooking methods

Show an understanding of personal hygiene
Identify different cooking methods

Term 2
Fruit and vegetables and how to store food

Able to identify various fruit and vegetables.
Understand how to store food items correctly.

