

	FOUNDATION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
UNITS	Overnight Oats Toast	Sandwich	Fruit Crumble	Savoury Muffins	Pizza	Falafel Hummus	Soda Bread
Seasonality/where food comes from	Where does it grow? Wheat to bread Milk from a cow on a farm	Growing above and below the ground (root vegetables, wheat)	Milk from a cow for cheese and butter Wheat to flour	When root vegetables are in season	Butter beans grown in warm climates Feta from a sheep Tomatoes in season	Chickpeas grow in hot climates on a bush	Sour milk/ buttermilk
Cultural Diversity	British	European	British	Commonwealth countries USA	Eastern European and Italian	West Asian	Native American Irish
Food Preparation and Cooking	Make Toast	Make Roast Boil	Bake	Bake	Bake Boil	Make Bake Fry	Bake
Nutrition & Healthy Eating	Importance of breakfast Healthy and less healthy foods Energy Too much sugar	Importance of lunch Less healthy food in moderation White/brown bread	Healthy dessert Balanced diet	Importance of dinner Savoury verses sweet food Eat well guide	Variety of main meals Saturated and unsaturated fats Salt intake	Traffic lights on packaging	Portion size
Hygiene	Washing hands No fingers or utensils in mouth	Washing/drying of hands in detail Washing of vegetables	Effects of poor hygiene	Preparing for cooking Wearing apron Cleaning surface			
Safety	Electricity	Hot appliances Safety gloves for chopping Sharp items	Oven Safety			Blender	
Vocabulary	Toast Spread Mix Mashing Healthy/less healthy	Thicken Scoop Chop	Peel Grate Rubbing Rolling Bake Glaze	Savoury Grease	Knead	Blending	Score (bread dough) Evenly distributed Dicing
Spreading/distributing							

Chopping							
Mashing							
Grating							
Peeling							
Mixing/combining							
Measuring							
Draining							
Sieve							
	FS	Y1	Y2	Y3	Y4	Y5	Y6