

LONG TERM FORECAST**Key Stage 1 Cooking and Nutrition****Key stage 1**

- A. use the basic principles of a healthy and varied diet to prepare dishes
- B. understand where food comes from.
- C. select from and use a wide range of materials and components, including construction materials, textiles and ingredients, according to their characteristics (*DT Target - Make*)

**Completed in every session*

Year 1

Smoothies – Spring Term (Geography link – Recycling Food before its sell by date)
B, C

Year 2

Balanced Diet – Spring Term (Geography Link Food in Kenya)
A, B, C

Key stage 2

- D. understand and apply the principles of a healthy and varied diet
- E. prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- F. understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- G. select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities (DT Target – Make)

**Completed in every session*

Year 3	Eating Seasonally – Spring Term (Science Healthy Me) D, E, F, G
Year 4	Adapting a Recipe – Summer Term (Geography) E
Year 5	Developing a Recipe – Summer Term (Geography) D, E, F, G
Year 6	Come Dine with Me – Summer Term D, E, F, G

During Enrichment weeks pupils will look in more detail at the growing and rearing of ingredients through a Global awareness and Fairtrade activities