



Design & Technology	
Aspect	A Cooking and Nutrition
Year Group	
Year 1	<ol style="list-style-type: none">1. I can recognise foods that are good for me2. I know which foods are bad for me
Year 2	<ol style="list-style-type: none">1. I can describe the properties of the materials/ingredients I am using.
Year 3	<ol style="list-style-type: none">1. I can create a menu that is varied and healthy and put together a step-by-step plan which shows the order and also what equipment and tools they need.2. I can follow a recipe and use simple cooking techniques, describing how my combined ingredients come together.3. I can recognise where and how ingredients are grown, reared, caught and processed
Year 4	<ol style="list-style-type: none">1. I can write a simple recipe and use my cooking techniques to create the dish, being hygienic and safe e.g. scones2. I know the difference between food that is grown and food that is processed3. I can describe seasonality in food production
Year 5	<ol style="list-style-type: none">1. I can create more detailed recipes with a step by step plan that someone else could follow and discuss why the recipe is varied and healthy, including how to be hygienic and safe.2. I can make recipes that use ingredients appropriate for the season
Year 6	<ol style="list-style-type: none">1. I can create detailed recipes with instructions and explain how it is varied and healthy, including how to be hygienic and safe.2. I can make recipes that use ingredients appropriate for the season and meet the requirements of a particular target audience.