Cooking

As they progress, pupils should be able to identify and take into account the factors that affect planning what to cook and how to reduce food waste.

They should be able to describe the reasons why ingredients are selected, and be able to modify recipes taking ingredient characteristics into account.

Pupils should be able to describe the causes of food poisoning and apply their knowledge effectively to reduce the risk of contamination and illness.

Pupils should be able to demonstrate and apply their knowledge and practical skills in an increasingly complex way, safely and with precision.

14-16 Years

- A broad range of ingredients, equipment, food skills and techniques, and cooking methods are used to achieve successful results.
- Reducing the amount of food wasted at each stage of the farm to fork journey has financial and environmental benefits.
- When planning to cook, consideration should be given to how the dish contributes to a healthy, varied, sustainable, and balanced diet.
- Recipes can be modified to make them healthier, more cost effective and appealing, by changing ingredients or using different cooking methods.
- Good food safety principles must be applied when buying, storing, preparing, and cooking food.
- Reducing food lost or wasted is an economic, social and environmental priority for individuals and supply chain businesses at local and global levels.

11-14 Years

- Good food safety and hygiene practices are essential to reduce the risk of food poisoning.
- Ingredients chosen can impact on the nutrition and characteristics of a dish. Diversity and inclusion should be considered when choosing ingredients.
- Water, energy and land are limited. Wasting food also wastes these resources.
- Using a broad range of ingredients, food skills and techniques allows for healthy, varied, and balanced dishes and menus to be planned and made.
- There are a range of additional food skills and cooking techniques which enable a wide range of dishes to be made.
- Buying, storing, preparing and cooking food safely and hygienically are vital for health.
- Recipes and cooking methods can be modified to help meet current healthy eating messages.
- Ingredients are selected for their nutritional, functional and sensory characteristics, as well as provenance and seasonality.
- Current healthy eating advice, dietary needs, socio-economic factors, preferences, occasion and cost need to be considered when planning what to cook.

7-11 Years

- A lot of food that could have been eaten is wasted for different reasons.
- It is important to store, prepare and cook food safely and hygienically.
- When planning to cook, it is important to select the most suitable ingredients, equipment and food skills for successful results.
- Around the world, people use a range of different ingredients, equipment and cooking techniques to prepare food.
- When planning to cook, consideration should be given to current healthy eating advice, the needs of different people and occasion.

5-7 Years

- There are a number of basic food skills which enable a variety of dishes to be made.
- There are lots of different pieces of equipment used in cooking, some of which have special jobs.
- There are a variety of ingredients that can be used for cooking.
- When planning to cook, the time of day, person and occasion need to be considered.
- Food waste should be avoided.
- Food must be prepared and cooked hygenically and safely before it is eaten.

3-5 Years

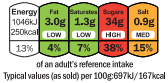
Click on a Key fact or age phase to learn more!

Healthy eating

As they progress, pupils need to be able to understand and apply the principles of nutrition, health and sustainability.

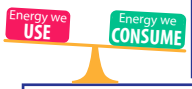
This includes an understanding of the different needs of people and the different contributions of foods in terms of nutrients.

It also includes an understanding of the benefits of physical activity.



Nutrition and allergy information on food labels help us to make informed food and drink choices.

Digestion involves different parts of the body, each having an important role.



Energy balance is the relationship between diet and activity. It is important to know why, when, and how to make dietary changes, if needed.

A wide range of factors should be considered when making food choices, such as sustainability, nutrition, availability, and cost.



Different types of activity result in different improvements in physical capacity. There are recommendations for physical activity across life stages. Staying well hydrated is key when being active.

14-16 Years

It is important to include a variety of different activity in everyday living, supporting physical, social and mental wellbeing.

Current healthy eating guidelines should be followed, but some people have different requirements, e.g. children, older adults.



Maintaining a healthy weight throughout life is important. There are health implications of a poor diet, due to malnutrition.

Digestion involves different organs in the body. Dietary fibre is important for digestive health.

11-14 Years

Being active is important for health, making the body fitter and stronger.

The nutrients provided by the diet are released through the process of digestion.



There are health implications of a poor diet through dietary excess or deficiency. Some people also experience reactions to food which can be controlled through managing their diet.



Food and drinks provide energy and nutrients in different amounts, they have important functions in the body and people require different amounts.

When choosing food and drinks, current healthy eating guidelines should be followed.

To be active and healthy, food is needed to provide energy for the body.

A variety of food is needed in the diet because different food contains different substances that are needed for health. These are nutrients, water and fibre.

7-11 Years

Being active is important for health.



People choose different types of food for different reasons.

People around the world choose and combine different foods to make meals and snacks. The total amount and range of food and drinks consumed is called the diet.



A healthy diet is made from a variety of different food and drinks, as depicted in the Eatwell Guide.



5-7 Years

A variety of food and drinks are needed for health, as depicted by the Eatwell Guide.



Food and water are basic requirements for life.



3-5 Years

Being active is important for health.



Different types and amounts of food are needed for health.

Click on a Key fact or age phase to learn more!

Where food comes from

As they progress, pupils need to be able to identify the different ways in which a range of food is sourced, processed and sold.

They should be able to describe how a range of food commodities are produced and processed safely.

They should be able to discuss how factors such as geography, seasonality, weather and climate influence the availability of food and drink.

14-16 Years

- Sustainable healthy diets are good for the planet and human health. They should balance nutrition, environmental sustainability and socio-economic factors, e.g. affordability.
- Food can be grown, reared, or caught, and processed in several ways to improve quality, shelf-life, safety, environmental impact and nutritional value.
- Buying and eating food that is in season can mean it is fresher and has a better flavour, texture and colour. It may also be lower in cost, support local growers and reduce environmental impact.
- Food choice can be affected by social, health, economic, ethical, religious, and personal factors, plus food provenance and availability.
- Food production can be influenced by geography, climate, seasonality, cost, technology, and consumer demand.
- Sustainable healthy diets are good for the planet and human health. They should balance nutrition and environmental sustainability with socio-economic factors, e.g. affordability, accessibility and cultural acceptability.

11-14 Years

- Climate change can cause extreme or unusual weather, which can affect food production and impact on national and global food security.
- Geography, seasonality, weather and climate influence food availability, e.g. parts of the UK have terrain and weather that make them ideal for livestock production; other parts are better suited for growing crops.
- Climate change can negatively affect local and global food production and can impact the availability of accessible, safe, affordable and nutritious food.
- Sustainable, healthy food is good for the planet and our health.
- Some foods have labels that tell us more about how they were grown or reared, e.g. the Red Tractor logo.
- There are advantages to buying food locally and in season in the UK, e.g. environmental.
- Fruits and vegetables naturally grow in cycles and ripen during a certain season each year. Some meat and fish can also be seasonal.
- Food is sourced, processed and sold in different ways, helping to ensure it is edible and safe to eat.
- There are a number of different stages in producing and processing food, e.g. flour is made from wheat.
- Sustainable food is good for the planet and for us.

7-11 Years

- About half of the food we eat is farmed and produced in the UK.
- Some food is grown and produced locally to where we live.
- Food is produced all around the world, including the UK.
- Food is produced and processed in different ways.
- Different types of food are grown, reared or caught. Some come into season at different times of year, due to factors such as weather and temperature.
- Eating foods that are in season in the UK and produced locally can have benefits for the planet, e.g. reduced food miles.

5-7 Years

- Some foods are seasonal. This means they are ready to eat at different times of year, e.g. strawberries in the summer.
- Food has to be grown, reared or caught.
- All food comes from plants or animals.
- Some foods can be good for us and the planet.
- Different fruits and vegetables are ready to eat at different times of the year.
- Food is from a plant or an animal.

3-5 Years

- Food comes from different places.

Click on a Key fact or age phase to learn more!