



Design Technology

Curriculum Progression Strand – Food and Nutrition

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|-----------------------------|
| Technical vocabulary |
| mashing |
| mixing |
| hand washing |



| | EYFS |
|--------------------|---|
| Dish | Pea guacamole & tortilla cups |
| Equipment | Small mixing bowls Chopping boards Mashers Graters Peelers Small vegetable knife Stick blender (for teacher) Cupcake trays Round cutters |
| Ingredients | 1.5kg frozen peas 50g per pupil 8 x limes (6 wedges per lime) Toppings 500g Cherry tomatoes 8 x Spring onions 4 x Red Pepper (cut into 8 pieces) 4 x Carrot 2 packets x sunflower seeds 2x packets x Pumpkin seeds 3 packs Wholemeal tortilla 3 tins of sweetcorn or frozen sweetcorn 1 bottle olive oil Optional extras Fresh herbs such as coriander, chives, mint or basil Ground paprika |

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| Method | Teacher |
| | 1. Cook the peas in salted boiling water for 2-3 minutes 2. Drain and then cool down |
| | Pupils |
| | 1. Take a tortilla a cut out with a cutter circles that are a little bigger than the cupcake tray 2. Cut into each one about 1cm four times towards the middle and place in the cupcake tray. 3. Bake at 180c for about 5 minutes (they burn easily!) 4. Mash the peas with a fork, potato masher or even their hands (you may choose to use a stick blender to blend some smooth) 5. Pupils then chop or grate the ingredients they want and add to their peas. 6. Add a little olive oil, lime juice, paprika to taste 7. Season with salt and pepper 8. Serve in your cups |
| | For any pupil that really dislikes peas and isn't willing to try use sweetcorn instead but don't mash it up. |



Foundation stage:

Nursery

Why is hand washing important before handling food?

Key Vocabulary

mashing, mixing, handwashing

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|-----------------------------|
| Technical vocabulary |
| peeling |
| chopping |
| measuring |



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Reception

Why should we eat brightly coloured food?

Key Vocabulary
peeling, chopping, measuring

Year 1: Food and Nutrition
How does food affect your senses?



Core content

Learn that eating is a sensory experience. Learn about nutrition and why colourful food can be better for you. Use a range of techniques to create and modify dishes that appeal to our senses.

Technical vocabulary

Senses – what the body uses to explore and interact with the world around us: sight, smell, taste, hearing and touch.



Vitamins – natural substances in food that are necessary for the growth and good health of the body.



Sensory – something that relates to the physical senses of touch, smell, taste, hearing and sight.



Caramelize – to cook a food that contains sugar so that the food becomes sweet and often brown.



Marinate (verb) – to soak food in a seasoned liquid before cooking to change its flavour and / or texture.



Ribboning – to slice food such as vegetables into long, thin strips.



Techniques



grating



ribboning



marinating



| | |
|------------------------|---|
| Dish | Rainbow wraps |
| Equipment | Peelers Vegetable knives Chopping boards Small mixing bowls |
| Ingredients | <ul style="list-style-type: none"> • Carrot • Courgette • Cabbage • Apple • Any other vegetables that can be grated • Tortillas • Greek yoghurt • Lemon • Olive oil |
| Method | <ol style="list-style-type: none"> 1. Ribbon the vegetables and place in a mixing bowl. 2. Grate the apple into the same bowl. 3. Mix 2 tbsp of yoghurt with 1 tbsp olive oil. 4. Add a squeeze of lemon. 5. Mix and add a little at a time to the vegetables. 6. Place in the middle of the wrap, leaving a gap at the bottom. 7. Fold the wrap and if needed cover with a little tin foil on the bottom. |

Year 1

How does food affect your senses?

Key Vocabulary grating, ribboning, marinating

Year 2: Food and Nutrition
What does healthy mean?



Core content

Learn what healthy means.
Learn that eating a variety of vegetables provides the body with the nutrients it needs.
Make products that use a range of vegetables and minimally processed foods.

Technical vocabulary

Free-range – food that comes from animals who have access to the outdoors.



Processed – to treat raw food in order to change it or preserve it.



Coagulate – to become thick or partly solid.



Vitamins – a group of natural substances in food that are necessary for the growth and good health of the body.



Protein – a nutrient found in food such as meat, milk and eggs.



Wholemeal – made from whole grains of wheat, including the husk or outer layer.



Techniques



claw



ribboning



bridge



| | |
|--------------------|--|
| Dish | Jam jar salad |
| Equipment | Grater Peelers Chopping boards Small vegetable knives Jam jars |
| Ingredients | <ul style="list-style-type: none"> A selection of salad vegetables Olive oil Lemons White wine vinegar Cooked pasta, noodles or couscous |
| Method | <ol style="list-style-type: none"> Clean and dry the jam jars prior to the lesson. Prepare a range of vegetables by slicing, ribboning, chopping and grating. Layer the vegetables and pasta in the jar. Make the dressing by mixing 3 tsp olive oil with 1 tsp lemon juice and 1/2 tsp white wine vinegar. Season with dried oregano, salt and pepper. Pour the dressing over the salad and place the lid on top. |

Year 2

What does healthy mean?

Key Vocabulary claw, ribboning, bridge

Year 3: Food and Nutrition
What do we mean by a balanced diet?

Core content

Learn what a balanced diet is.
Make three products that are often bought pre-made or highly processed.

Technical vocabulary

Seasonal – fruit and vegetables that are ripe and ready in a particular season. They will no longer grow when the weather changes.

Balance – when different things exist in equal, correct or good amounts.

Preserve – to prevent something, especially food, from decaying.

Stew – to cook slowly in liquid.

Pressure – the force or weight with which something presses against something else.

Seasoning – salt, herbs or spices added to food to enhance its flavour.

Techniques



stewing



seasoning



slicing



| | |
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| Dish | Chips |
| Equipment | Mixing bowls Oven trays Chopping boards Small vegetable knives |
| Ingredients | Quantities for one pupil: <ul style="list-style-type: none"> • 1 potato • 1 tsp olive oil • Spices • 1 tsp semolina flour |
| Method | <ol style="list-style-type: none"> 1. Pre-heat oven to 190°C. 2. Slice the potato into chips and place in a bowl of cold water. 3. Prepare the oil, semolina and flavourings. 4. Drain and pat the chipped potatoes. 5. Dry the chips, add the flavoured oil and mix well. 6. Place on a lined baking tray and cook in the oven for 20–25 minutes until golden brown. |

Year 3

What do we mean by a balanced diet?

Key Vocabulary

stewing,
seasoning,
slicing

Year 4: Food and Nutrition
What's really in your food?



Core content:

Explore the difference between freshly made food and mass-produced food.
Learn how to make food that is commonly shop bought.
Explore the nutritional benefits of homemade food.

Technical vocabulary:

Ingredients – any foods or substances combined to make a particular dish.

Processed – food that has been treated in order to change or preserve it.

Bread – a food made from flour, water and usually yeast, mixed and baked.

Gluten – a protein that is contained in wheat and some other grains.

Knead – to press a mixture for making bread, firmly and repeatedly with the hands and fingers.

Ferment – to experience a chemical change because of the action of yeast or bacteria.



Techniques



shaping



rolling



sautéing



| | |
|--------------------|---|
| Dish | Mini bread rolls |
| Equipment | Mixing bowls Measuring jugs Table knife Baking trays |
| Ingredients | Quantities for 6 small rolls: <ul style="list-style-type: none"> • 2 tsp yeast • 1 tsp olive oil • 200g bread flour • 150ml lukewarm water |
| Method | <ol style="list-style-type: none"> 1. Combine the flour and salt. 2. Add the yeast and olive oil to 150ml of lukewarm water. 3. Add the water to the dough a little at a time until the mixture forms a soft dough. 4. Place in an oiled bowl and prove for 1 hour if possible. 5. When proved, knock back the dough, divide and shape into rounds. 6. Place on a baking tray. 7. Bake for 10 – 15 minutes at 220°C. |

Year 4

What is really in your food?

Key Vocabulary

shaping,
rolling,
sauteing

Year 5: Food and Nutrition
Why are our diets so different?

Core content

Learn about Middle Eastern and Danish diets.
Learn how to make flatbreads.
Use techniques to make food appetizing.

Technical vocabulary

Culture – the customs and beliefs, art and way of life of a particular country or group.

Presentation – modifying, arranging or decorating food to enhance its visual appeal.

Variety – several different sorts of the same thing.

Fibre – the part of food that keeps the bowels working.

Knead – to press something, especially a mixture for making bread, firmly and repeatedly with the hands and fingers.

Smørrebrød – a Danish open sandwich.

Flatbread – a type of bread that is thin and flat and made without yeast.

Mezze – a variety of dishes designed to stimulate your appetite.

Unleavened – made without any yeast, or other substance that would cause the bread to rise.

Techniques

rolling claw ribboning



| Dish | Smørrebrød |
|-------------|--|
| Equipment | <ul style="list-style-type: none"> Graters Peeper Small mixing bowls Vegetable knives Squirt bottles Plates |
| Ingredients | <p>Quantities per pupil:</p> <ul style="list-style-type: none"> 2 or 3 slices of rye bread or substitute A selection of vegetables Feta cheese Cream cheese Fresh herbs <p>For the harissa yoghurt:</p> <ul style="list-style-type: none"> 3 tbsp yoghurt 1 tsp rose harissa <p>For the Marie Rose sauce:</p> <ul style="list-style-type: none"> 3 tbsp mayonnaise 1 tsp tomato ketchup 1 tsp Worcestershire sauce Squeeze of lemon |
| Method | <ol style="list-style-type: none"> Slice the rye bread. Make each of the dips by mixing the ingredients together. Prepare the salad ingredients. Layer the smørrebrød with a selection of ingredients (focus on building height, using a variety of colours, and adding ingredients in odd numbers). Repeat with different ingredients. |

Year 5

Why are our diets so different?

Key Vocabulary
rolling, claw, ribboning

Year 6: Food and Nutrition
Can street foods save us?



Core content

Study and make street foods from different cultures.
Consider their own diet and snacks and how they might be improved.

Technical vocabulary

Street food – food prepared or cooked and sold by vendors in a street or other public location for immediate consumption.



Culture – the customs and beliefs, art, way of life and social organisation of a particular country or group.



Snack – a small portion of food, generally eaten between meals.



Nutrient – a substance that provides nourishment essential for the maintenance of life and for growth.



Prove – to swell (become larger or rounder) before being baked because of the action of yeast.



Fry – to cook something in hot fat or oil.



Techniques



finely dicing



kneading



folding and shaping



| | |
|--------------------|---|
| Dish | Samosas |
| Equipment | Peelers Graters Oven trays Pastry brushes Mixing bowls Frying pans |
| Ingredients | Quantities per pair: <ul style="list-style-type: none"> • 1/2 a potato • 50g peas • A handful of spinach • Indian spices • 6 sheets of filo pastry • Olive oil |
| Method | <ol style="list-style-type: none"> 1. Grate the potato and mix with defrosted peas. 2. Add the mixture into a frying pan with 2 tsp olive oil. 3. Stir until the mixture starts to go sticky. 4. Add the spices and 1 tsp of water and cook for 1 minute. 5. Add the handful of spinach and wilt. Allow to cool. 6. Preheat oven to 190°C. 7. Use two sheets of pastry and slice into 3 long strips. 8. Brush lightly with olive oil. 9. Place a spoon of filling at the top of the pastry. 10. Fold one corner across. 11. Fold one corner down. Repeat. 12. Brush with oil. 13. Bake for 10 – 15 minutes until golden brown. |

Year 6

Can street foods save us?

Key Vocabulary
finely dicing,
kneading,
folding and
shaping

Enrichment - Croxby Master Chef



Croxby Primary @CroxbyPrimary · Feb 20



We are excited to announce that, as chefs, all pupils will participate in Croxby Master Chef this week! What do you predict we will be cooking?

[#CUSPfoodfestival](#) [#legumes](#) [#healthyeating](#)



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391



Nursery



Croxyby Primary @CroxybyPrimary · Feb 21



Team Ladybirds have enjoyed trying new cooking skills in the Croxyby Masterchef competition making a healthy dish of pea guacamole and tortilla cups! #EYFS #strivingforexcellence



Reception



Croxyby Primary @CroxybyPrimary · Feb 23



The Lions🦁 have being Masterchefs this morning! We were very excited to make pea guacamole and tortilla cups. They fantastically peeled and chopped all the vegetables and enjoyed getting to eat them afterwards! #teamcroxyby



Year 1



Croxby Primary @CroxbyPrimary · Feb 22



Year 1 Dolphins loved being master chefs for our food festival this week. We made cowboy/cowgirl caviar with tortilla cups! The children were able to use lots of the skills we have previously learnt so they showed great confidence and independence! We hope Mrs Mason enjoyed it!



Year 2



Year 3

 **Croxby Primary** @CroxybyPrimary · Feb 20 ...

As chefs, Team Otter have been cooking homemade baked beans and sour bread. We all loved the taste of our food and felt it was a successful and healthy meal to create again. [#strivingforexcellence](#) @CUSP_uk



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Year 4

 **Croxby Primary** @CroxbyPrimary · Feb 26

Homemade soda bread and baked beans from scratch. The Owls were astounded at how tasty they were, and of course, they are so much healthier than long-life store versions. Why not ask us about processed and unprocessed foods?



  1  4  405  

Year 5



Croxby Primary @CroxbyPrimary · Feb 23



Year 5 are Masterchefs! This is our Michelin Star-worthy dahl and chapati.



1

3

301



Year 6



Croxby Primary @CroxbyPrimary · Feb 23



We have loved taking part in Croxby Master Chef! We can't wait to find out the winners 🍷🐘 #teamcroxby



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3

332

