

# DESIGN & TECHNOLOGY MODULES

## KEYSTAGE 1

### YEAR 1

### YEAR 2

#### COOKING AND NUTRITION

Understand where food comes from.

Children can...

- » Understand that all food comes from plants or animals.
- » Understand that food has to be farmed, grown elsewhere or caught.
- » Name and sort foods into the five food groups in the Eatwell Guide.

## KEYSTAGE 2

### YEAR 3

### YEAR 4

### YEAR 5

### YEAR 6

#### COOKING AND NUTRITION

Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

Children can...

- » Start to know when, where and how food is grown in the UK, Europe and the wider world.
- » Understand that to be active and healthy, nutritious food and drink are needed to provide energy for the body.
- » Start to understand seasonality.

#### COOKING AND NUTRITION

Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

Children can...

- » Know, explain and give examples of food that is grown, reared and caught in the UK, Europe and wider world.
- » Know the basic steps for producing food.
- » Understand about seasonality and how this may affect the food availability.
- » Explain that food contains different substances, such as protein, that are needed for health.