

Food Education

1. Understand the importance of eating three meals each day.
2. Explore and identify a range of fruits and vegetables.
3. Understand the importance of food hygiene, notably hand washing.
4. Recognise how to eat politely and respectfully.
5. Grow a range of fruits and vegetables.

1. Choose a balanced diet from the Eatwell plate.
2. Recognise how you feel when you are hungry.
3. Learn basic food preparation skills.
4. Introduction to preparing food with heat.
5. Learn that food has to be farmed, caught or grown.
6. Grow a range of fruits and vegetables.

1. Plan a menu of balanced meals from the Eatwell plate.
2. Identify how your body responds to food.
3. Prepare and cook food safely and hygienically.
4. Cook dishes from different cultures.
5. Explore foods that are produced around the world.
6. Grow a range of fruits and vegetables.

1. Identify the nutrient requirements of the body.
2. Recognise the importance of energy and how this is released over time.
3. Create a range of balanced meals from the Eatwell plate.
4. Cook a meal on a budget.
5. Develop an understanding of farming and animal welfare.
6. Grow a range of fruits and vegetables.

EYFS

Y2

Y4

Y6

Y1

Y3

Y5

1. Recognise that your body needs food for fuel.
2. Understand the importance of food hygiene, notably hand washing.
3. Prepare food without heat.
4. Learn where different foods come from.
5. Grow a range of fruits and vegetables.

1. Learn to identify a healthy meal using the Eatwell plate.
2. Recognise how nutritional needs change when you are active.
3. Identify methods of safe food storage.
4. Prepare a meal for a specific occasion.
5. Recognise the journey that food takes from plough to plate.
6. Grow a range of fruits and vegetables.

1. Introduction to the nutrients within different foods.
2. Recognise the relationship between nutrients and energy.
3. Become confident with a range of food preparation skills.
4. Create nutritious recipes for a purpose.
5. Explore the processes that make our food safe.
6. Grow a range of fruits and vegetables.