

Cooking and Nutrition in the National Curriculum

Since September 2014 the national curriculum has included a specific requirement for schools to teach Cooking and Nutrition at Key Stages 1 and 2

It focuses on three key areas of learning;

- (i) healthy eating and nutrition
- (ii) where food comes from
- (iii) practical cooking

Key stage 1

Pupils should be taught to:

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from.

Key stage 2

Pupils should be taught to:

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly **savoury** dishes using a range of cooking techniques
- Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

In school, pupils will be learning:

- About healthy eating through understanding the Eat Well Guide and learning that different foods provide nutrients and how these affect the body.
- About a range of foods and how they are grown, transported and sold
- Key food preparation and cooking skills and how to cook a range of healthy, savoury dishes.
- About a range of ingredients from around the world and how to identify and name them

Children will be taught half termly lessons as part of their topic based curriculum. They will use produce from the school garden where available. Please see the class topic map for more information.