



Edgewood Primary School - Year 1 and 2

Design and Technology – Knowledge Organiser

Cooking and Nutrition: Whole School Cooking Week



Prior Knowledge

Experience of common fruit and vegetables, undertaking sensory activities i.e. appearance taste and smell.

Experience of cutting soft fruit and vegetables using appropriate utensils.

Experience mixing and serving ingredients.

Begin to understand which foods are healthy and unhealthy.

Taken part in our Whole School Cooking Week where children prepared a dish and tasted the other year groups.

Key Knowledge for this Unit

Food preparation

Children will learn how to safely prepare food by weighing/measuring their ingredients.

e.g. using spoons/scales

Cooking preparation

Children will explore how they need to prep their food to ensure it is ready for cooking.

e.g. laying food onto baking trays

Skills

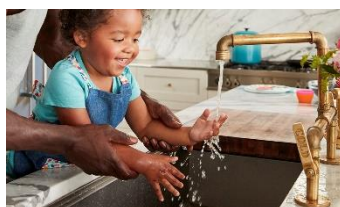
Use a serrated knife to cut soft foods using a fork for support (LYG) or the bridge hold (UYG)

Mix foods in a bowl, including beating and folding.

Use hands to mix and shape doughs.

Design a food that is healthy and appealing to the user.

Follow a simple recipe



Eat Well Plate

Understand the 5 different food groups and how to have a balanced diet.

Food Hygiene

Understand the basic steps in food hygiene throughout the cooking process.

Where Food Comes From

Begin to understand that food comes from different sources and places around the world.



Examples



Pop Quiz Questions

- Name the 5 food groups and foods that are in each category.
- Name 3 ways you follow food hygiene rules when preparing food.
- What is the hold called for chopping? Show me how your hand is positioned.