

Throughout all key stages, the aim is not only to impart practical cooking skills but also to foster an appreciation for healthy eating, an understanding of food safety, and an awareness of the broader implications of food choices. The progression is designed to build on foundational skills and knowledge as students advance through their education.

### **Key Stage 1 (Ages 5-7):**

#### **Introduction to Food:**

Basic understanding of different food groups (e.g., fruits, vegetables, grains, dairy, and protein).

Identifying and naming common fruits and vegetables.

Understanding the concept of a balanced diet.

#### **Basic Cooking Skills:**

Simple food preparation techniques (e.g., chopping, mixing, spreading).

Introduction to basic kitchen tools and utensils.

Making simple recipes like fruit salads, sandwiches, or simple snacks.

#### **Healthy Eating:**

Learning the importance of eating a variety of foods for health.

Understanding the concept of treats and everyday foods.

### **Key Stage 2 (Ages 7-11):**

#### **Nutrition and Healthy Choices:**

Understanding the nutritional value of different foods.

Learning about food labels and making healthy food choices.

Exploring the importance of hydration.

#### **Cooking Skills Development:**

Developing more advanced cooking skills.

Following recipes with multiple steps.

Experimenting with a range of cooking methods (e.g., baking, grilling, boiling).

#### **Food Safety and Hygiene:**

Introduction to basic food safety practices.

Understanding the importance of cleanliness in the kitchen.

Basic knowledge of foodborne illnesses and prevention.

### **Key Stage 3 (Ages 11-14):**

#### **Cooking Techniques:**

Building on cooking skills with more complex recipes.

Exploring international cuisines and flavours.

Understanding the science behind cooking processes.

#### **Nutrition and Health Education:**

Delving deeper into the nutritional content of foods.

Exploring the impact of diet on health and well-being.

Understanding dietary needs for different stages of life.

#### **Food Technology Projects:**

Engaging in more extended and project-based cooking assignments.

Learning about food preservation methods.

Exploring food-related technologies and innovations.

#### **Culinary Creativity and Design:**

Encouraging creativity in recipe development.

Understanding food presentation and aesthetics.

Exploring food as an art form.

#### **Sustainability and Ethical Food Choices:**

Learning about the environmental impact of food choices.

Exploring ethical considerations in the food industry.

Understanding the concept of sustainable and locally sourced foods.