



Upperwood Academy – DT Substantive Concepts

Cooking and Nutrition

At Upperwood Academy, year on year, children will build upon their DT knowledge, skills and vocabulary. Careful curriculum planning ensures that our children revisit each area of the DT curriculum throughout their time at school to develop their subject knowledge progressively.



EYFS

Baking:

- Children will understand the importance of hygiene when cooking/baking.
- Children will follow a recipe to assemble ingredients to make gingerbread understanding the processes of weighing, mixing, rolling, cutting and baking.

Food:

- Children know the different factors that support their overall health and wellbeing. To include, eating healthy, drinking water, exercise, good sleep, good hygiene and low screen time.
- Children will know the names of a range of fruits and vegetables. (Bananas, apples, carrots, tangerines) (falls in Physical in EYFS)

LKS2

Eating seasonally:

- Children know that not all fruits and vegetables can be grown in the UK.
- Children know that climate affects food growth.
- Children know that vegetables and fruit grow in certain seasons.
- Children know that cooking instructions are known as a 'recipe'.
- Children know that imported food is food which has been brought into the country.
- Children know that exported food is food which has been sent to another country.
- Children know that each fruit and vegetable give us nutritional benefits because they contain vitamins, minerals and fibre.
- Children know that vitamins, minerals and fibre are important for energy, growth and maintaining health.

Adapting a recipe:

- Children know that the amount of an ingredient in a recipe is known as the 'quantity.'
- Children know that it is important to use oven gloves when removing hot food from an oven.
- Children know the following cooking techniques: sieving, creaming, rubbing method, cooling.
- Children know the importance of budgeting while planning ingredients for biscuits.

KS1

Fruit & Vegetables (smoothie):

- Children know the difference between fruits and vegetables.
- Children know that some foods typically known as vegetables are actually fruits.
- Children know that a fruit has seeds and a vegetable does not.
- Children know that fruits grow on trees or vines.
- Children know that vegetables can grow either above or below ground.

Balanced diet:

Children know that 'diet' means the food and drink that a person or animal usually eats.

- Children know what makes a balanced diet.
- Children know that the five main food groups.
- Children know that they should eat a range of different foods from each food group, and roughly how much of each food group.
- Children know that nutrients are substances in food that all living things need to make energy, grow and develop.
- Children know that I should only have a maximum of five teaspoons of sugar a day to stay healthy.
- Children know that many foods and drinks we do not expect to contain sugar do; we call these 'hidden sugars'.

UKS2

Come dine with me:

- Children know that 'flavour' is how a food or drink tastes.
- Children know that many countries have 'national dishes' which are recipes associated with that country.
- Children know that 'processed food' means food that has been put through multiple changes in a factory.
- Children know that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.
- Children know what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).