

Whole school task: I can create a healthy meal / dish for under £5.00

<p>Food preparation, cooking and nutrition</p>	<p><u>Across KS1 pupils should know:</u></p> <ul style="list-style-type: none"><li>• how to name and sort foods into the five groups in The eat-well plate.</li><li>• that everyone should eat at least five portions of fruit and vegetables every day.</li><li>• how to prepare simple dishes safely and hygienically, without using a heat source.</li><li>• how to use techniques such as cutting, peeling and grating.</li></ul>	<p><u>Across KS2 pupils should know:</u></p> <ul style="list-style-type: none"><li>• how to prepare and cook a variety of predominantly <u>savoury</u> dishes safely and hygienically including, where appropriate, the use of a heat source.</li><li>• how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.</li></ul> <p><u>In early KS2 pupils should also know:</u></p> <ul style="list-style-type: none"><li>• that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The eat-well plate.</li><li>• that to be active and healthy, food and drink are needed to provide energy for the body</li></ul> <p><u>In late KS2 pupils should also know:</u></p> <ul style="list-style-type: none"><li>• <i>that recipes can be adapted to change the appearance, taste, texture and aroma</i></li><li>• that different food and drink contain different substances - nutrients, water and fibre - that are needed for health.</li></ul>
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Year 2 made Omelettes









Year 4 made soups



Year 3 made Greek salads

