

Food and Nutrition Substantive Knowledge	EYFS		Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
			Fruit kebabs/ smoothies Vegetables crudité's and dips		Healthy sandwiches Healthy pizzas		Crumble Quiche (healthy meal)	
<b>Theoretical Knowledge</b>	<ul style="list-style-type: none"> <li>- Food comes from plants or animals</li> <li>- Children know the names, taste and textures of key fruit and vegetables</li> <li>- Sweet foods have a taste of sugar or honey</li> <li>- Savoury foods are items that are not sweet</li> <li>- Children can name and know the function of basic tools; sieve, rolling pins, pans, spoon, fork, knife</li> <li>- An apron is a protective garment worn over clothing</li> <li>- Germs can cause illness but we can protect ourselves against them through hygiene</li> <li>- Food can be stored in fridges, freezers or in containers in cupboards</li> <li>- Fruit and vegetables have seeds and pips</li> </ul>		<ul style="list-style-type: none"> <li>- Food Source is the place where food comes from</li> <li>- To get food we need to grow it, raise it or catch it</li> <li>- We can grow fruit and vegetables from plants and trees</li> <li>- Fruit is from a plant or tree which has edible seeds</li> <li>- A vegetable is a plant used for food</li> <li>- Fruit and vegetables are important components of a balanced diet</li> <li>- It is recommended that we have five portions of fruit and vegetables a day</li> <li>- Sugar and salt should be minimised as part of a healthy diet</li> <li>- The five flavours are sweet, savoury, bitter, salty, umami</li> <li>- You can combine food items to create new flavours</li> <li>- You can combine food items to create new textures</li> </ul>		<ul style="list-style-type: none"> <li>- There are five food groups</li> <li>- In order to stay healthy, we must eat a balanced diet, the eat well plate helps to illustrate this</li> <li>- Food comes from plants, trees and animals</li> <li>- Harvesting is when a crop, such as grain, fruit and vegetable has grown and is ready to eat and is collected. These foods can be produced locally or globally</li> <li>- Many of our foods are exported from hotter climates</li> <li>- Meat is reared, caught and processed; pork is the meat we get from pigs; beef is the meat we get from cows</li> <li>- Food safety use by dates and sell by dates</li> <li>- Processed meat has been modified to either extend its shelf life or change the taste and the main methods are smoking, curing, or adding salt or preservatives</li> <li>- Dairy products are a type of food produced from or containing the milk of mammals</li> <li>- Grain is a food that is grown. It is ground into flour</li> <li>- The flour is mixed with water and yeast to create a dough</li> <li>- Proving refers to the fermentation action of the yeast causing the dough to rise and create an airy texture</li> <li>- Seasoning with salt &amp; pepper can alter the flavour of food</li> </ul>		<ul style="list-style-type: none"> <li>- With modern technology is possible to grow and rear food out of season or from around the world</li> <li>- However growing and rearing foods out of season consumes lots of energy</li> <li>- Herbs and spices are plant products that are added to food or drink to provide or change flavour</li> <li>- Herbs are generally the leaves or stems of a plant. They can be dried or fresh</li> <li>- Spices are dry seeds, fruits, bark or roots</li> </ul>	
<b>Practical Knowledge</b>	<ul style="list-style-type: none"> <li>- To make a work surface safer you clean the surface with appropriate detergent</li> </ul> <p>To wash your hands, you need to:</p> <ul style="list-style-type: none"> <li>- Wet your hands with water.</li> <li>- Apply enough soap to cover your hands.</li> <li>- Rub your hands together.</li> <li>- Use one hand to rub the back of the other hand and clean in between the fingers.</li> <li>- Rub your hands together and clean in between your fingers.</li> </ul> <p>Children experience how to:</p> <ul style="list-style-type: none"> <li>- Roll</li> <li>- Spread</li> <li>- Whisk</li> <li>- Sieve</li> <li>- Grate</li> </ul>		<ul style="list-style-type: none"> <li>- It is important to wash fruit and vegetables before we eat them</li> <li>- it is important to wash utensils before and after we use them</li> <li>- It is important to wash work space before and after we use them</li> <li>- A Juicer makes fruit into juice</li> <li>- A peeler removes fruit skin</li> <li>- A small cooking knife cuts fruit</li> <li>- When cutting fruit, you hold knife by your dominant hand</li> <li>- You hold the fruit in the other</li> </ul>		<ul style="list-style-type: none"> <li>- The top rack of an oven is the hottest</li> <li>- Heat in the oven can cause caramelisation (browning products); fats to melt; evaporation of moisture and acceleration of raising agents</li> <li>- A grater is a hand-held metal device that contains numerous raised slots of varying sizes</li> <li>- Grating is the process of transforming solid, firm food items into small pieces by rubbing the item against a grater</li> <li>- Food is weighed using scales – this can be done ounces (oz) and grams (g)</li> <li>- Liquids are measured using measuring jugs - ml</li> <li>- Mixing foods can involve beating and stirring</li> <li>- Food can be cut using the bridge method- this is where you hold the food between the fingers and thumb creating a bridge</li> </ul>		<ul style="list-style-type: none"> <li>- Stewing is the process of cooking something slowly with a little water</li> <li>- Frying is cooking food in an oil or fat</li> <li>- Boiling is cooking food immersed in water at boiling point</li> <li>- Dicing is finely chopping food in a uniform manner</li> <li>- Slicing is cutting across the grain into uniform pieces</li> <li>- Shortcrust pastry is made by rubbing fat into flour and then adding cold water</li> <li>- Fat and flour rub together to make crumble</li> </ul>	
<b>Vocabulary to be explicitly taught</b>	Taste Textures Fruit Vegetables Sweet Savoury Sieve Rolling pins Pans	Spoon Fork Hygiene Germs Roll Spread Whisk Sieve Grate Edible	Food source Balanced diet Portions Sweet Savoury ingredients	Bitter Salty Umami Juicer Peeler Dominant hand Blending	Food groups Harvesting Crop Grain Locally Globally Export and import Reared Processed Preservatives Dairy products Nutrients Carbohydrates Protein	Grinding Yeast Dough Proving Fermentation Seasoning Caramelize Weighing scales Beating and stirring Fresh Wholemeal Gluten Vitamins	Seasonal Herbs Spices Dried or fresh Stewing Frying Boiling Dicing Slicing Uniform	