



## Knowledge and Skills Progression –Nature



	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Food preparation and cooking		A recipe is set of instructions for preparing a dish and includes a list of the ingredients required. Follow instructions, including simple recipes, that include measures and ingredients.	Using non-standard measures is a way of measuring that does not involve reading scales. For example, weight may be measured using a balance scale and lumps of plasticine. Length may be measured in the number of handspans or pencils laid end to end. Measure and weigh food items using non-standard measures, such as spoons and cups.	Some ingredients need to be prepared before they can be cooked or eaten. There are many ways to prepare ingredients: peeling skins using a vegetable peeler, such as potato skins; grating hard ingredients, such as cheese or chocolate; chopping vegetables, such as onions and peppers and slicing foods, such as bread and apples. Prepare ingredients by peeling, grating, chopping and slicing.	Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning. Prepare and cook a simple savoury dish.	Cooking techniques include baking, boiling, frying, grilling and roasting. Identify and use a range of cooking techniques to prepare a simple meal or snack.	Sweet dishes are usually desserts, such as cakes, fruit pies and trifles. Savoury dishes usually have a salty or spicy flavour rather than a sweet one. Use an increasing range of preparation and cooking techniques to cook a sweet or savoury dish.	Ingredients can usually be bought at supermarkets, but specialist shops may stock different items. Greengrocers sell fruit and vegetables, butchers sell meat, fishmongers sell fresh fish and delicatessens usually sell some unusual prepared foods, as well as cold meats and cheeses. Follow a recipe that requires a variety of techniques and source the necessary ingredients independently.
Nutrition	Some foods are healthy. These include fruits, vegetables, nuts and seeds. Help to prepare a range of healthy	There are healthy and unhealthy foods. Fruit and vegetables are an important part of a healthy diet. Suggest healthy	Fruit and vegetables are an important part of a healthy diet. It is recommended that people eat at least five portions of fruit and vegetables every day. Select healthy	A healthy diet should include meat or fish, starchy foods (such as potatoes or rice), some dairy foods, a small amount of fat and plenty of fruit and	There are five main food groups that should be eaten regularly as part of a balanced diet: fruit and vegetables; carbohydrates (potatoes, bread, rice and pasta); proteins (beans,	Healthy snacks include fresh or dried fruit and vegetables, nuts and seeds, rice cakes with low-fat cream cheese, homemade popcorn or chopped	A balanced diet gives your body all the nutrients it needs to function correctly. This means eating a wide variety of foods in the correct proportions.	Eating a balanced diet is a positive lifestyle choice that should be sustained over time. Food that is high in fat, salt or sugar can still be eaten occasionally as part of a balanced diet. Plan

	snacks.	ingredients that can be used to make simple snacks.	ingredients for a fruit or vegetable salad.	vegetables. Describe the types of food needed for a healthy and varied diet and apply the principles to make a simple, healthy meal.	pulses, fish, eggs and meat); dairy and alternatives (milk, cheese and yoghurt) and fats (oils and spreads). Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet. Identify the main food groups (carbohydrates, protein, dairy, fruits and vegetables, fats and sugars).	vegetables with hummus. A healthy packed lunch might include a brown or wholemeal bread sandwich containing eggs, meat, fish or cheese, a piece of fresh fruit, a low-sugar yoghurt, rice cake or popcorn and a drink, such as water or semi-skimmed milk. Design a healthy snack or packed lunch and explain why it is healthy.	Evaluate meals and consider if they contribute towards a balanced diet.	a healthy daily diet, justifying why each meal contributes towards a balanced diet.
Origins of food	Food can come from plants or animals. Explore and try a range of foods and suggest where they come from.	Food comes from different sources, including from animals, such as meat, fish, eggs and dairy, or from plants, such as fruit and vegetables. Begin to identify the origins of some foods.	Some foods come from animals, such as meat, fish and dairy products. Other foods come from plants, such as fruit, vegetables, grains, beans and nuts. Sort foods into groups by whether they are from an animal or plant source.	Food comes from two main sources: animals and plants. Cows provide beef, sheep provide lamb and mutton and pigs provide pork, ham and bacon. Examples of poultry include chickens, geese and turkeys. Examples of fish include cod, salmon and shellfish. Milk comes mainly from cows but also from goats and sheep. Most	The types of food that will grow in a particular area depend on a range of factors, such as the rainfall, climate and soil type. For example, many crops, such as potatoes and sugar beet, are grown in the south-east of England. Wheat, barley and vegetables grow well in the east of England. Identify and name foods that are produced in different places.	Particular areas of the world have conditions suited to growing certain crops, such as coffee in Peru and citrus fruits in California in the United States of America. Identify and name foods that are produced in different places in the UK and beyond.	Seasonality is the time of year when the harvest or flavour of a type of food is at its best. Buying seasonal food is beneficial for many reasons: the food tastes better; it is fresher because it hasn't been transported thousands of miles; the nutritional value is higher; the carbon footprint is lower, due to reduced transport; it	Organic produce is food that has been grown without the use of man-made fertilisers, pesticides, growth regulators or animal feed additives. Organic farmers use crop rotation, animal and plant manures, hand-weeding and biological pest control. Explain how organic produce is grown.

				eggs come from chickens. Honey is made by bees. Fruit and vegetables come from plants. Oils are made from parts of plants. Sugar is made from plants called sugar cane and sugar beet. Plants also give us nuts, such as almonds, walnuts and hazelnuts. Identify the origin of some common foods (milk, eggs, some meats, common fruit and vegetables).			supports local growers and is usually cheaper. Describe what seasonality means and explain some of the reasons why it is beneficial.	
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