

Progression in Design Technology- Food and Nutrition		
Foundation	Year 1	Year 2
<p>Nursery</p> <ul style="list-style-type: none"> <li>• Make healthy choices about food, drink, activity and tooth brushing.</li> <li>• Use one handed tools and equipment.</li> </ul> <p>Reception</p> <ul style="list-style-type: none"> <li>• Know and talk about the different factors that support their overall health and wellbeing e.g. healthy eating .</li> <li>• Develop their small motor skills so that they can use a range of tools competently, safely and confidently e.g. knives, forks, spoons etc.</li> <li>• Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.</li> <li>• Share their creations, explaining the processes they have used.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to understand that all food comes from plants or animals.</li> <li>• Explore the understanding that food has to be farmed, grown elsewhere (e.g. home) or caught.</li> <li>• Begin to understand that everyone should eat at least five portions of fruit and vegetables every day.</li> <li>• Know how to prepare simple dishes safely and hygienically, without using a heat source.</li> <li>• Know how to use techniques such as cutting, peeling and grating.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that all food comes from plants or animals.</li> <li>• Know that food has to be farmed, grown elsewhere (e.g. home) or caught.</li> <li>• Understand how to name and sort foods into the five groups in the 'Eatwell plate'</li> <li>• Know that everyone should eat at least five portions of fruit and vegetables every day.</li> <li>• Demonstrate how to prepare simple dishes safely and hygienically, without using a heat source.</li> <li>• Demonstrate how to use techniques such as cutting, peeling and grating.</li> </ul>