

Topic: Cooking and Nutrition

Development Matters Objectives which are covered in this unit:

Physical development

- Develop small motor skills so that they can use a range of tools competently, safely and confidently.
- ELG: Fine Motor Skills: Use a range of small tools, including scissors, paint brushes and cutlery.

Communication and language

- Learn new vocabulary.
- Use new vocabulary throughout the day.
- ELG: Speaking: Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary.

Personal, social and emotional development

- Know and talk about the different factors that support their overall health and wellbeing: healthy eating.
- ELG: Managing self: Manage their own basic hygiene and personal needs, including...understanding the importance of healthy food choices
- Understanding the world
- Explore the natural world around them.
- ELG: The Natural World: Explore the natural world around them, making observations and drawing pictures of animals and plants.

Expressive arts and design

- Explore, use and refine a variety of artistic effects to express ideas and feelings.
- ELG: Creating with materials: Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.

Characteristics of effective learning

- Playing and exploring
- Active learning
- Creating and thinking critically

Children in Nursery will be able to:

- Design, develop and evaluate a healthy recipe.

Children in Reception will be able to:

- Design, develop and evaluate a healthy recipe and design and create packaging.

Key Skills – Nursery:

- Using a knife safely.
- Using tools to prepare ingredients.

Key Skills – Reception:

- Using a knife safely.
- Designing a recipe and food packaging.
- Using tools to prepare ingredients.

Key Knowledge – Nursery:

- Different types of fruit and vegetable.
- How to make healthy choices.
- As a group, how to make a healthy recipe.

Key Knowledge – Reception:

- Different types of fruit and vegetable and the differences between them.
- What the five senses are.
- How to make healthy choices.

Future learning

List year groups and topics with connected learning

Year 1 - Smoothies
Year 2 - Balanced Diet
Year 3 – Eating Seasonally
Year 5 - Developing a Recipe

Key vocabulary to be explicitly taught

Safety; knife; blade; sharp; tool; chop; slice; cut; mix; blend

Useful websites/resources

<https://www.foodafactoflife.org.uk>