

Key stage 2

1. understand and apply the principles of a healthy and varied diet
2. prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
3. understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Current 3/4year A	Fruit salad – Healthy Eating (1,2)	Healthy sandwiches Link to Science – balanced diet and the digestive system Evaluating type of bread/fillings Designing, making and evaluating a healthy sandwich (1, 2)	Study of food grown in the jungle(3)
Current 3/4year B	Europe week – tasting and cooking food from different countries (2,3)	Christmas sweets to sell at the Christmas fair	
Other opportunities	Tasting different types of fruit- Descriptive writing (1,3)	Geography: A village in India (savoury cooking) (2, 3)	Smoothie making – instructional writing and measurement (1, 2)

During Enrichment weeks pupils will look in more detail at the growing and rearing of ingredients through a Global awareness and Fairtrade activities