



	EYFS	Years 1 and 2	Years 3 and 4	Years 5 and 6
Theoretical Knowledge	- Food comes from plants or animals - Children know the names, taste and textures of key fruit and vegetables - Sweet foods have a taste of sugar or honey - Savoury foods are items that are not sweet - Children can name and function of basic tools; Sieve, Rolling pins, pans, spoon, fork, knife - An apron is a protective garment worn over clothing - Germs can cause illness but we can protect ourselves against them through hygiene - Food can be stored in fridges, freezers or in containers in cupboards - Fruit and vegetables have seeds and pips	- Food Source is the place where food comes from - To get food we need to grow it, raise it or catch it - We can grow fruit and vegetables from plants and trees - Fruit is from a plant or tree which has edible seeds - Vegetable is a plant used for food - Fruit and Vegetables are important components of a balanced diet - It is recommended that we have five portions of fruit and vegetables a day - Sugar and salt should be minimised as part of a healthy diet. - The five flavours are sweet, savoury, bitter, salty, umami You can combine food items to create new flavours - You can combine food items to create new textures	- There are five food groups - In order to stay healthy, we must eat a balanced diet - The eat well plate helps to illustrate this - Food comes from plants, trees and animals - 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 - Many of our foods are exported from hotter climates - Meat is reared, caught and processed; Pork is the meat we get from pigs; Beef is the meat we get from cows - Food Safety Use by dates and sell by date - 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 - Dairy products are a type of food produced from or containing the milk of mammals. - Grain is a food that is grown - It is ground into flour - The flour is mixed with water and yeast to create a dough - Proving refers to the fermentation action of the yeast causing the dough to rise and create an airy texture - Seasoning with salt and pepper can alter the flavour of food	- With modern technology is possible to grow and rear food out of season or from around the world - However growing and rearing foods out of season consumes lots of energy - Herbs and spices are Plant products that are added to food or drink to provide or change flavour. - Herbs are generally leaves or stems of a plant. They can be dried or fresh. - Spices are dry seeds, fruits, bark or roots.
Practical Knowledge	- To make a work surface safer you clean surface with appropriate detergent To wash your hands, you need to: 1.Wet your hands with water. 2.Apply enough soap to cover your hands. 3. Rub your hands together. 4.Use one hand to rub the back of the other hand and clean in between the fingers. ... 5.Rub your hands together and clean in between your fingers. Children experience how to: Roll, Spread, Whisk, Sieve, Grate	- It is important to wash fruit and vegetables before we eat them - it is important to wash utensils before and after we use them - It is important to wash work space before and after we use them - A Juicer makes fruit into juice - A peeler removes fruit skin - A small cooking knife cuts fruit - When cutting fruit, you hold knife by your dominant hand - You hold the fruit in the other	- The top rack of an oven is the hottest - Heat in the oven can cause caramelisation (browning products); fats to melt; evaporation of moisture and acceleration of raising agents - A grater is a hand-held metal device that contains numerous raised slots of varying sizes - Grating is the process of transforming solid, firm food items into small pieces by rubbing the item against a grater. - Food is weighed using scales – this can be done Oz and grams - Liquids are measured using measuring jugs- ml - Mixing foods can involve beating and stirring - Food can be cut using the bridge method- this is where you hold the food between the fingers and thumb creating a bridge	- Stewing is the process of cooking something slowly with a little water - Frying is cooking food in an oil or fat - Boiling is cooking food immersed in water at boiling point - Dicing is finely chopping food in a uniform manner - Slicing is cutting across the grain into uniform pieces - Shortcrust pastry is made by rubbing fat into flour and then adding cold water.



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Theoretical Knowledge	•	• Structures are things that are built for a purpose • They can be large like buildings and bridges or small like chairs and tables • They need to support their weight or the weight of things using them • They need to be strong, rigid and stable • Stability in a structure can be improved by making the base wider • A buttress adds width to based making it more stable • As a free-standing structure becomes taller, it becomes less stable • Structures can be made stronger and more rigid by making sure that parts and materials are properly joined • A joint is where parts of a structure are connected together	• Shell structures are structures with which are able to stand without support • structures are used to protects, contain and present something • Food packaging, tunnels, helmets, shelters and boats are all examples of shell structures • Shell structures need to be appealing to the users • Shell structures can be strengthened through laminating, corrugating and ribbing.	• Frame Structures are rigid support structures that use beams, columns and slabs to hold large forces of gravity and weight • Beam • Column • Slabs • The system of beams and columns can be further strengthened through foundations and bracing • Triangulation can be used to add strength to a structure
Practical Knowledge		• Joins can be made stronger by using masking tape and glue • Folding materials can make them stronger or stiffer • When cutting the index and middle fingers of the cutting hand are still. - - - The thumb is used to open and close the scissors • The assistant hand is used to hold the material- thumb on top and fingers underneath • Measuring to the nearest Cm • Marking measures	• Scoring is the process of scribing, or even partly cutting through, the material along the line to be bent or folded. • Laminating is gluing together several layers of card • Corrugating is zig-zag a piece of paper or card and glue in between two layers of card • Ribbing is gluing layers of straws between layers of card	• Joints for Straws can be made through; Being flattened, wrapped around and glued • Joints for thin pieces of wood can be made through; Card strips, card triangles and elastic bands • Junior hacksaws are used to cut soft materials like wood • A bench hook is used to hold a workpiece in place while crosscutting with a hand saw. • When two prices of wood come together at 90 degrees they are said to be Square



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Theoretical Knowledge	• A fabric is woven using a loom • We can add colour to fabric in different ways • We get our fabric from plants or animals. • A needle and thread is used to create stitching • Designers can describe different materials based on their properties such as soft, scratchy, shiny for example	• A running stitch can be used to decorate a fabric • A running stitch can also be used to make a cross stitch for decorative reasons • Fabrics used in textiles are either synthetic (man-made) or natural. • Binka is a type of material that can be used for embroidery	• A running stitch can be used to tack two materials together, • A backstitch can be used to join two materials securely • An overstitch goes over two pieces of material to join them. • Designers work with a seam allowance when joining two materials together • Fabric designs have been developed over time and in different cultures. • Different materials are used for different contexts and purposes. • Felt, hessian, cotton and denim are some suitable materials for an applique	• Designers can use a buttonhole stitch • Designers know that some materials are more durable than others • Designers know that they can strengthen fabrics in different ways. • Designers turn out materials so that stitching is hidden. • Designers can add fastenings to their products such as zips, buttons and press-studs • Some products are stuffed to give the correct shape • Dress-makers use patterns to replicate designs
Practical Knowledge	• To know how to thread a needle up and down through a fabric • To explore dying materials in different ways (using wax fabric crayons and vegetables such as beetroot) • To know how to use a card loom	• In order to finish a stitch securely, it should be finished with a knot. • A bodkin (wide-eyed) needle	• To use fabric scissors to cut an applique or to shape/create a design • To know how to use a wide-eyed needle with a small point • To know how to use fabric measuring tape • To know how to dye materials using tie-dye technique	• Smaller gauge thread • Fabric scissors • Smaller eye needles • Use patterns to accurately cut materials for the product