

Riverside Primary School Food Technology Curriculum

Year 1	Autumn 1 <i>Bright Lights, Big City</i>	Autumn 2 <i>Moon Zoom</i>	Spring 1 <i>School Days</i>	Spring 2 <i>Paws, Claws and Whiskers</i>	Summer 1 <i>Childhood</i>	Summer 2 <i>Splendid Skies</i>
	<p>Use the basic principles of a healthy and varied diet to prepare dishes.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. - Healthy Baking (Macmillan Coffee Morning) - To bake cake and savoury treats using healthy alternatives. - Healthy Living Day: Look at the nutritional value of healthy food. <p>Understand where food comes from.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 	<p>Use the basic principles of a healthy and varied diet to prepare dishes.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. <p>Understand where food comes from.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 			<p>Use the basic principles of a healthy and varied diet to prepare dishes.</p> <ul style="list-style-type: none"> - World day for cultural diversity: Trying different foods from around the world and learning about their origins. <p>Understand where food comes from.</p> <ul style="list-style-type: none"> - World day for cultural diversity: Trying different foods from around the world and learning about their origins. 	
Year 2	Autumn 1 <i>Wriggle and Crawl</i>	Autumn 2 <i>Movers and Shakers</i>	Spring 1 <i>Much, Mess and Mixtures</i>	Spring 2 <i>Magnificent Monarchs</i>	Summer 1 <i>The Scented Garden</i>	Summer 2 <i>Coastline</i>
	<p>Use the basic principles of a healthy and varied diet to prepare dishes.</p> <ul style="list-style-type: none"> - Exploring Honey: Prepare ingredients by peeling, grating, chopping and slicing. - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 	<p>Use the basic principles of a healthy and varied diet to prepare dishes.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. <p>Understand where food comes from.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy 	<p>Use the basic principles of a healthy and varied diet to prepare dishes.</p> <ul style="list-style-type: none"> - Healthy Meals: Describe the types of food needed for a healthy and varied diet and apply the principles to make a simple, healthy meal. <p>Understand where food comes from.</p> <ul style="list-style-type: none"> - Sorting and Grouping food: Identify the origin of some 		<p>Use the basic principles of a healthy and varied diet to prepare dishes.</p> <ul style="list-style-type: none"> - World day for cultural diversity: Trying different foods from around the world and learning about their origins. <p>Understand where food comes from.</p> <ul style="list-style-type: none"> - World day for cultural diversity: 	

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	<ul style="list-style-type: none"> - Healthy Living Day: Look at the nutritional value of healthy food. - Healthy Baking (Macmillan Coffee Morning) - To bake cake and savoury treats using healthy alternatives. <p>Understand where food comes from.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 	<p>eating, where the food comes from and how to prepare different foods.</p>	<p>common foods (milk, eggs, some meats, common fruit and vegetables).</p>		<p>Trying different foods from around the world and learning about their origins.</p>	
Year 3	Autumn 1 <i>Flow</i>	Autumn 2 <i>Scrumpdilyumptious</i>	Spring 1 <i>Gods and Mortals</i>	Spring 2 <i>Mighty Metals</i>	Summer 1 <i>Rocks, Relics and Rumbles</i>	Summer 2 <i>Predator!</i>
	<p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <ul style="list-style-type: none"> - Healthy Baking (Macmillan Coffee Morning) - To bake cake and savoury treats using healthy alternatives. <p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. - Healthy Living Day: Look at the nutritional value of healthy food. <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p>	<p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - Sorting and Grouping: Identify the main food groups (carbohydrates, protein, dairy, fruits and vegetables, fats and sugars). - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. <p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</p> <ul style="list-style-type: none"> - Taste test: Prepare and cook a simple savoury dish - Following instructions: Prepare and cook a simple savoury dish 			<p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - World day for cultural diversity: Trying different foods from around the world and learning about their origins. <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - World day for cultural diversity: Trying different foods from around the world and learning about their origins. 	

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	<ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 	<ul style="list-style-type: none"> - Celebration foods: Prepare and cook a simple savoury dish - Inventing a smoothie: Prepare and cook a simple savoury dish <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - Supermarket visit: Identify and name foods that are produced in different places. - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 				
Year 4	Autumn 1 Playlist	Autumn 2 I am a Warrior	Spring 1 Blue Abyss	Spring 2 Traders and Raiders	Summer 1 Burps, Bottoms and Bile	Summer 2 Misty Mountain Winding River
	<p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <ul style="list-style-type: none"> - Healthy Baking (Macmillan Coffee Morning) - To bake cake and savoury treats using healthy alternatives. <p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 	<p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <ul style="list-style-type: none"> - Poor Romans: Identify and use a range of cooking techniques to prepare a simple meal. - Becoming a Roman soldier: Identify and use a range of cooking techniques to prepare a simple meal. <p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food 			<p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - Healthy Snacks: Design a healthy snack or packed lunch and explain why it is healthy. - Snack Packs: Design a healthy snack or packed lunch and explain why it is healthy. - World day for cultural diversity: Trying different foods from around the world and learning about their origins. 	

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	<ul style="list-style-type: none"> - Healthy Living Day: Look at the nutritional value of healthy food. <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 	<p>comes from and how to prepare different foods.</p> <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 			<p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - World day for cultural diversity: Trying different foods from around the world and learning about their origins. - 	
Year 5	Autumn 1 <i>Off with Her Head</i>	Autumn 2 <i>Star Gazers</i>	Spring 1 <i>Alchemy Island</i>	Spring 2 <i>Pharaohs</i>	Summer 1 <i>Sow, Grow and Farm</i>	Summer 2 <i>Time Traveller</i>
	<p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p> <ul style="list-style-type: none"> - Healthy Baking (Macmillan Coffee Morning) - To bake cake and savoury treats using healthy alternatives. <p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. - Healthy Living Day: Look at the nutritional value of healthy food. <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based 	<p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - Nutritional Ninjas: After School club based around healthy eating, where the food comes from and how to prepare different foods. 		<p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - Egyptian Bread: Describe what seasonality means and explain some of the reasons why it is beneficial. 	<p>Understand and apply the principles of a healthy and varied diet.</p> <ul style="list-style-type: none"> - World day for cultural diversity: Trying different foods from around the world and learning about their origins. <p>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <ul style="list-style-type: none"> - Allotment Gardeners: Describe what seasonality means and explain some of the reasons why it is beneficial. - Market Gardeners: Describe what seasonality means and explain some of the reasons why it is beneficial. - World day for cultural diversity: 	

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