

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1/2 A&B	Use the basic principles of a healthy and varied diet to prepare dishes. Understand where food comes from. Design, Make and Evaluate products using technical knowledge.		Use the basic principles of a healthy and varied diet to prepare dishes. Understand where food comes from.		Use the basic principles of a healthy and varied diet to prepare dishes. Understand where food comes from. Design, Make and Evaluate products using technical knowledge.	
3/4 A&B	Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. Design, make and evaluate products while improving technical knowledge.		Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.		Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. Design, make and evaluate products while improving technical knowledge.	
5/6 A&B	Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. Design, make and evaluate products while improving technical knowledge.		Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.		Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. Design, make and evaluate products while improving technical knowledge.	