

Food Studies Progression Framework

OLS	Health and Safety	Healthy Eating	Where food comes from	Practical cooking skills
Working towards	Begin to work safely and hygenically	Start to think about a variety of foods in the diet	<p>Recognise and identify basic ingredients</p> <p>Start to understand the different seasons of the year</p>	Measure and weight food items, non statutory measurements (e.g. spoons and cups)
Oakwood Learning Stage 1	Know how to prepare simple dishes safely	<p>Start to understand how to name and sort foods into the five groups 'The Eatwell Guide'</p> <p>Begin to understand that everyone should eat at least five portions of fruit and vegetables each day</p>	<p>Begin to understand that all food comes from plants or animals</p> <p>Explore the undersatnding that foods has to be farmed, grown elsewhere (e.g. home) or caught</p> <p>Identify the four different seasons</p>	Know how to use techniques such as cutting, peeling and grating

<p>Oakwood Learning Stage 2</p>	<p>Demonstrate how to prepare simple dishes safely and hygienically without using a heat source.</p>	<p>Know that everyone should eat at least five portions of fruit and vegetables a day</p> <p>Understand how to name and sort foods into the five groups on the Eatwell Guide</p>	<p>Understand that all food comes from plants or animals</p> <p>Start to understand seasonality</p>	<p>Demonstrate how to use techniques such as cutting, peeling and grating</p>
<p>Oakwood Learning Stage 3</p>	<p>Understand how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source.</p>	<p>Start to understand that a healthy diet is made up from a variety and balance of different food and drink as depicted in The Eatwell Guide</p> <p>Begin to know that to be active and healthy food and drink are needed to provide energy for the body</p>	<p>Start to know that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider World.</p> <p>Show some understanding that seasons may affect food available</p>	<p>Begin to understand how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, kneading and baking</p>
<p>Oakwood Learning Stage 4</p>	<p>Understand how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source.</p>	<p>Know that a healthy diet is made up from a variety and balance of different food and drink as depicted in The Eatwell Guide</p> <p>Know that to be active and healthy. Food and drink are needed to provide energy for the body</p>	<p>Understand that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world.</p> <p>Begin to understand that seasons may affect the food available.</p>	<p>Know how to use a range of techniques such as chopping, slicing, mixing, grating, spreading, kneading and baking</p>

<p>Oakwood Learning Stage 5</p>	<p>Know how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source.</p>	<p>Begin to understand that different food and drink contain different substances – nutrients, water and fibre – that are needed for health.</p>	<p>Understand that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world.</p> <p>Understand how food is processed into ingredients that can be eaten or used in cooking</p> <p>Know that seasons may affect</p>	<p>Start to understand how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.</p>
<p>Oakwood Learning Stage 6</p>	<p>Know how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source</p>	<p>Know different food and drink contain different substances – nutrients, water and fibre – that are needed for health.</p>	<p>Know that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world.</p> <p>Understand how food is processed into ingredients that can be eaten or used in cooking.</p> <p>Know that seasons may affect the food available and provide</p>	<p>Understand how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking</p>