



Food Technology and Gardening Progression Chart (2016/17) Years 1-6



At Torriano, we operate from the viewpoint that growing and cooking and two interconnected processes, each possessing their own set of vital skills for our children to explore and acquire. We firmly believe that food education has the greatest impact on learners, when placed in the contexts of sustainability and health and wellbeing. For us, embracing the opportunity to embed our approach to food-technology around the whole school theme (**Sustainable Development Goals 2015**) has been a wonderful way of not only giving our children the necessary cooking and growing skills, but equipping them with an understanding of how food technology will play an important role in shaping our future on a local and global scale.

Torriano's Food Waste Champions are responsible for promoting the agenda across the school and planning a variety of food-based projects, which aim to bring **SDG 12 (Responsible Consumption)** to life for our children. Throughout the upcoming academic year, our popular **Food Waste Café** will be returning. The project entails the collection of unused nutritious ingredients from the school kitchens, parents and staff, which will be used to make and sell dishes in a sustainable 'Earth Kitchen Cafe'. As with last year, we aim to instil an awareness of using resources responsibly in our children and 100% of the profits from this venture will feed into food technology and education within the school! In 2016/17, we will also be offering **Food Waste Workshops** for our children and selling school-grown produce to local businesses in effort to like gardening and food technology skills with business enterprise.

Jamie Oliver's Kitchen Garden Project has been a fantastic resource over the past year and has particularly benefited the after school cooking club: cook what you grow and the Food Technology and Gardening Progression Document shown below. The progression chart uses age-related information and guidance from the Kitchen Garden Project and '**Food – A Fact of Life**', a document which underpins the Schemes of Work and lesson plans developed by the British Nutrition Foundation to support delivery of the new curriculum (September 2014).

The document below outlines that years 1-6 will provide gardening and food technology opportunities for their children **at least once per term**.

Year Group	Recognise and Name Ingredients	Name and Use Cooking Skills	Gardening/Growing Opportunities	Food Technology Opportunities
Year 1	<p>I can recognise and name a <u>basic range</u> of ingredients. E.g.</p> <ul style="list-style-type: none"> Cheese -mozzarella Bread Eggs Milk Yogurt Fruit: bananas, strawberries, plums, pears, berries Herbs – basil Salad: lettuce, cucumber, tomato 	<ul style="list-style-type: none"> Mix with a large spoon Spread (soft ingredients) Snip with kitchen scissors Juice (juicer) Spoon ingredients (in to different containers) Thread (soft foods onto a cocktail stick, e.g. strawberries, satsuma segments) Cut (soft foods* with a table knife progressing to firmer foods with a vegetable knife) using: Fork secure, claw grip, bridge hold 	<p>Term 1 – Sowing spring onions with Jo (Oct)</p> <p>Term 2 – Sowing strawberries with Jo (Feb)</p> <p>Term – Sowing basil and other herbs with Jo (April/May)</p>	<p>Term 1 – Autumn Fruit Kebabs (KGP recipe)</p> <p>Term 2 – Tomato, Pesto and Mozzarella Toastie</p> <ul style="list-style-type: none"> Using tomatoes grown in school gardens Pesto can be made using basil from school gardens <p>Term 3 – Super Smoothies (KGP recipe)</p> <ul style="list-style-type: none"> Groups could make 1 of the 4 smoothies and then share with class – vote for favourite.
Year 2	<p>I can recognise and name a <u>range</u> of ingredients and give examples where appropriate E.g.</p> <ul style="list-style-type: none"> Cheese Bread – wholemeal pitta Vegetables – carrots, peppers, leeks Herbs/flavourings – basil, parsley, black pepper, stock cubes Fruit: bananas, strawberries, peaches Salad: lettuce, cucumber, tomato 	<ul style="list-style-type: none"> Peel (with a peeler) Mix (with increasing thoroughness) Measure (with measuring spoons) Snip with kitchen scissors Grate (soft foods like cheese) Shape Crush (soft fruit with a potato masher) Blend Cut (soft foods* with a table knife progressing to firmer foods with a vegetable knife) using: Fork secure, claw grip, bridge hold 	<p>Term 1 – Sowing leeks with Jo (Dec)</p> <p>Term 2 – Sowing peppers with Jo (Feb)</p> <p>Term 3 – Sowing lettuce with Jo (Feb)</p>	<p>Term 1 – Simple Tomato Soup (KGP recipe).</p> <ul style="list-style-type: none"> Using tomatoes grown in school gardens <p>Term 2 – Crunchy, Carrot Wholemeal Pittas (KGP recipe).</p> <ul style="list-style-type: none"> Opportunity for discussion over benefits of wholemeal options <p>Term 3 – Roasted Stuffed Peppers (KGP recipe).</p> <ul style="list-style-type: none"> Using peppers grown by Y2 in term 2 (if ready) Using tomatoes from school gardens

<p>Year 3</p>	<p>I can recognise and name an <u>increasingly range of ingredients</u>. E.g.</p> <ul style="list-style-type: none"> • Vegetables – onions, pepper, courgettes, peas • Cheese – halloumi, mozzarella • Spices – cloves, cinnamon, ginger, mixed spice • Fruits – apples, oranges, berries <p>I can explain where to find different ingredients in a shop.</p>	<ul style="list-style-type: none"> • Peel (with a peeler) • Mix (thoroughly) • Spread (evenly over food) • Measure (with measuring jug, scales) • Snip with kitchen scissors (with greater control) • Grate (firmer foods like carrots) • Shape (with greater precision) • Thread (medium resistance foods onto a kebab stick, e.g. mushrooms, courgettes) • Cut (soft foods with table knife progressing to firmer foods** with a vegetable knife) using: <ul style="list-style-type: none"> • -Fork secure • -Claw grip • -Bridge hold 	<p>Term 1 – Sowing peas with Jo (beg of Oct)</p> <p>Term 2 – Sowing lettuce/salad leaves with Jo (Feb)</p> <p>Term 3 – Sowing courgettes with Jo (May)</p>	<p>Term 1 - Tomato, basil and halloumi bruschetta (KGP recipe).</p> <ul style="list-style-type: none"> • Using tomatoes grown in school gardens. <p>Term 2 – Greek Chargrilled Vegetable Kebabs (KGP recipe)</p> <ul style="list-style-type: none"> • Using vegetables grown in school gardens <p>Term 3 – Spiced Baked Apples (KGP recipe)</p>
<p>Year 4</p>	<p>I can recognise and name an <u>increasingly wide range of ingredients</u>. E.g.</p> <ul style="list-style-type: none"> • Rigatoni • Herbs • Aubergine • Courgette • Wholemeal tortilla wraps • Feta cheese • Goat's cheese • Figs • Ciabatta 	<ul style="list-style-type: none"> • Peel (with a peeler) • Drain (with a sieve) • Measure (with measuring jug, scales) • Snip with kitchen scissors (with greater control) • Grate (firmer foods like carrots) • Shape (with greater precision) • Press (garlic press) • Spoon ingredients (using two spoons) • Arrange (in an attractive way) • Cut (soft foods with table knife progressing to firmer foods** with a vegetable knife) using: Fork secure, claw grip, bridge hold • Wrap (tortillas) 	<p>Term 1 – Sowing cabbage with Jo (Oct)</p> <p>Term 1 – Sowing spinach with Jo (Jan)</p> <p>Term 3 – Sowing pak choi with Jo (June)</p>	<p>Term 1 – Rigatoni with sweet tomatoes, aubergine and mozzarella (KGP recipe)</p> <ul style="list-style-type: none"> • Using tomatoes grown in school gardens <p>Term 2 – Sweet and Sticky Fig Bruschetta (KGP recipe)</p> <p>Term 3 – Rainbow Salad Wrap (KGP recipe)</p> <ul style="list-style-type: none"> • Using cabbage grown by Y4 in term 1.

<p>Year 5</p>	<p>I know that there are a <u>vast range</u> of ingredients used <u>around the world</u> and I can name some of these.</p> <p>E.g.</p> <ul style="list-style-type: none"> • Coconut • Types of Herbs • Sweet Potatoes • Ciabatta • Broad Beans • Goat's Cheese • Chard • Peas 	<ul style="list-style-type: none"> • Peel (to create ribbons, e.g. carrots, courgettes) • Mash (using a mortar and pestle) • Measure accurately (using digital scales, analogue scales, measuring jug) • Grate (with greater control and skill, e.g. zest from a lemon, nutmeg) • Cut (firm*** and other foods with a vegetable knife) using: Fork secure, claw grip, bridge hold <p>*** potatoes, carrots</p>	<p>Term 1 – Sowing broad beans with Jo (Oct)</p> <p>Term 2 – Sowing carrots with Jo (Feb)</p> <p>Term 3 – Sowing cucumbers with Jo (May)</p>	<p>Term 1 – Spicy Sweet Potato Soup (KGP recipe)</p> <ul style="list-style-type: none"> • Using herbs grown in school gardens <p>Term 2 – Lemongrass Vegetable Stir Fry (KGP recipe)</p> <ul style="list-style-type: none"> • Using lemongrass grown in school gardens <p>Term 3 – Smashed Peas and Broad Beans on Ciabatta (KGP recipe)</p> <ul style="list-style-type: none"> • Using broad beans grown by Y5 in term 1
<p>Year 6</p>	<p>I know that there are a <u>vast range</u> of ingredients used <u>around the world</u> and I can name many of these.</p> <p>E.g.</p> <ul style="list-style-type: none"> • Lemon grass • Pak Choi • Bean sprouts • Coconut • Types of Herbs • Vermicelli Rice • Rice Paper • Kohl Rabi • Halloumi • Bulgur Wheat 	<ul style="list-style-type: none"> • Peel (to create ribbons, e.g. carrots, courgettes) • Wrap (rice paper) • Mix (fold ingredients together e.g. flour into a mixture) • Measure accurately (using digital scales, analogue scales, measuring jug) • Grate (with greater control and skill, e.g. zest from a lemon, nutmeg) • Press (garlic) • Knead (bread) • Cut (firm*** and other foods with a vegetable knife) using: Fork secure, claw grip, bridge hold <p>*** potatoes, carrots</p>	<p>Term 1 – Sowing herbs with Jo (Sept)</p> <p>2 types of parsley Coriander Watercress</p> <p>Term 2 – Sowing pumpkins with Jo (April)</p> <p>Term 3 – Sowing melons with Jo (May)</p>	<p>Term 1 – Halloumi and Tabbouleh Salad</p> <ul style="list-style-type: none"> • Using tomato and herbs grown in school gardens <p>Term 2 – Summer Vegetable Rolls with Peanut Dipping Sauce (KGP recipe)</p> <p>Term 3 – Griddled Garlic and Herb Flatbread with Yogurt Dip (KGP recipe)</p> <ul style="list-style-type: none"> • Using herbs grown by Y6 in term 1