



Subject Overview – Progression of Skills – D&T



As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and health eating. Pupils should be taught to:

Cooking and Nutrition	
KS1	KS2
<ul style="list-style-type: none"> Use the basic principles of a healthy and varied diet to prepare dishes Understand where food comes from 	<ul style="list-style-type: none"> Understand 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

	Autumn	Spring	Summer
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1	<p>Mechanism Sliders and Levers</p>	<p>Structures Freestanding structures</p>	<p>Food Preparing fruit and vegetables (Including cooking and nutrition requirements for KS1)</p>
2	<p>Mechanism Wheels and Axles</p>	<p>Food Preparing fruits and vegetables (Including cooking and nutrition requirements for KS1)</p>	<p>Textiles Templates and joining techniques</p>
3	<p>Mechanical Systems Levers and Linkages</p>	<p>Food Healthy and varied diet (Including cooking and nutrition requirements for KS2)</p>	<p>Textiles 2D shapes and 3D Product</p>
4	<p>Food Healthy and varied diet (Including cooking and nutrition requirement for KS2)</p>	<p>Electrical Systems Simple circuits and switches (Including programming and control)</p>	<p>Structures Shell structures (Including computer aided design)</p>
5	<p>Structures Frame structures</p>	<p>Food Celebrating culture and seasonality (Including cooking and nutrition requirements for KS2)</p>	<p>Electrical Systems Using more complex switches and circuits (Including programming, control and monitoring)</p>
6	<p>Textiles Combining different fabric shapes (including computer- aided design)</p>	<p>Mechanical Systems Pulleys, gears or cams</p>	<p>Food Celebrating culture and seasonality (Including cooking and nutrition requirement for KS2)</p>