



## Design & Technology (Food), Progression of Skills: Great Withingham Primary Academy



### Discoverers: Year R/1/2

|           |          | 2026/2027                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 2024/2025                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 2025/2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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|           |          | Soup                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Smoothies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Balanced Diet                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Skills    | Design   | <ul style="list-style-type: none"> <li>Designing a soup recipe as a class.</li> <li>Designing soup packaging.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>Design a smoothie recipe.</li> <li>Designing smoothie carton packaging by-hand.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>Design a wrap</li> <li>Designing two wrap ideas based on a food combination which works well together.</li> <li>Designing three wrap ideas based on a food combination which works well together.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|           | Make     | <ul style="list-style-type: none"> <li>Chopping plasticine safely.</li> <li>Chopping vegetables with support.</li> <li>Chopping vegetables safely.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>Chopping vegetables with support.</li> <li>Juicing fruits safely to make a smoothie.</li> <li>Chopping fruit and vegetables safely to make a smoothie.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>Chopping vegetables with support.</li> <li>Constructing a wrap that meets a design brief.</li> <li>Snipping smaller foods instead of cutting.</li> <li>Chopping foods safely to make a wrap.</li> <li>Grating foods to make a wrap.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|           | Evaluate | <ul style="list-style-type: none"> <li>Tasting the soup and giving opinions.</li> <li>Describing some of the following when tasting food: look, feel, smell and taste.</li> <li>Choosing their favourite packaging design and explaining why.</li> <li>Suggesting information to be included on packaging.</li> <li>Evaluating food by giving a score.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>Tasting and evaluating different food combinations.</li> <li>Describing appearance, smell and taste.</li> <li>Choosing their favourite packaging design and explaining why.</li> <li>Suggesting information to be included on packaging.</li> <li>Comparing their smoothie with others'.</li> <li>Evaluating food by giving a score.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>Describing some of the following when tasting food: look, feel, smell and taste.</li> <li>Choosing their favourite packaging design and explaining why.</li> <li>Taste testing food combinations and final products.</li> <li>Describing the information that should be included on a label.</li> <li>Comparing their wrap with someone else's.</li> <li>Evaluating food by giving a score.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Knowledge |          | <ul style="list-style-type: none"> <li>To know that soup is ingredients (usually vegetables and liquid) blended together.</li> <li>To know that vegetables are grown.</li> <li>To recognise and name some common vegetables.</li> <li>To know that different vegetables taste different.</li> <li>To know that eating vegetables is good for us.</li> <li>To discuss why different packages might be used for different foods.</li> <li>To know that vegetables can grow either above or below ground.</li> <li>To know that vegetables is any edible part of a plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber).</li> <li>To know that a blender is a machine which mixes ingredients together into a smooth liquid.</li> <li>To know that 'ingredients' means the items in a mixture or recipe.</li> <li>To understand what makes a balanced diet.</li> </ul> | <ul style="list-style-type: none"> <li>To recognise and name some common fruit and vegetables.</li> <li>To know that different fruit taste different.</li> <li>To know that a fruit has seeds.</li> <li>To know that fruits grow on trees or vines.</li> <li>To know that fruit and vegetables are grown.</li> <li>To know that vegetables can grow either above or below ground.</li> <li>To know that vegetables is any edible part of a plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber).</li> <li>To know that a blender is a machine which mixes ingredients together into a smooth liquid.</li> <li>To understand that I should eat a range of different foods from each food group, and roughly how much of each food group.</li> <li>To know that 'ingredients' means the items in a mixture or recipe.</li> </ul> | <ul style="list-style-type: none"> <li>To recognise and name some common vegetables.</li> <li>To know that vegetables are grown.</li> <li>To know that different vegetables taste different.</li> <li>To know that eating vegetables is good for us</li> <li>To know that vegetables can grow either above or below ground.</li> <li>To know that vegetables is any edible part of a plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber).</li> <li>To know that 'diet' means the food and drink that a person or animal usually eats.</li> <li>To understand what makes a balanced diet.</li> <li>To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar.</li> <li>To know that 'ingredients' means the items in a mixture or recipe.</li> <li>To understand that I should eat a range of different foods from each food group, and roughly how much of each food group.</li> </ul> |

\*Year 1 and 2 only

\*Year 2 only



## Adventurers: Year 3/4

|           |          | 2025/2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 2024/2025                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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|           |          | Eating seasonally                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Adapting a recipe                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Skills    | Design   | <ul style="list-style-type: none"> <li>Designing a recipe for a savoury tart.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>Designing a biscuit within a given budget, drawing upon previous taste testing judgements.</li> <li>Designing packaging for a biscuit that targets a specific group.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|           | Make     | <ul style="list-style-type: none"> <li>Following the instructions within a recipe.</li> <li>Tasting seasonal ingredients.</li> <li>Selecting seasonal ingredients.</li> <li>Cutting safely with a vegetable knife</li> <li>Cooking safely, following basic hygiene rules.</li> <li>Peeling ingredients safely.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>Following a baking recipe, including the preparation of ingredients.</li> <li>Mixing a biscuit pastry dough before rolling it out and using a pastry cutter.</li> <li>Adapting a recipe to meet the requirements of a target audience.</li> <li>Using a cuboid net to create packaging</li> <li>Cooking safely, following basic hygiene rules.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                               |
|           | Evaluate | <ul style="list-style-type: none"> <li>Establishing and using design criteria to help test and review dishes.</li> <li>Describing the benefits of seasonal fruits and vegetables and the impact on the environment.</li> <li>Suggesting points for improvement when making a seasonal tart – then suggesting modifications to the recipe (e.g. This mixture has too much flour, and it is falling apart, so next time I will use less).</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <ul style="list-style-type: none"> <li>Evaluating a recipe, considering: taste, smell, texture and appearance.</li> <li>Describing the impact of the budget on the selection of ingredients.</li> <li>Evaluating and comparing a range of food products.</li> <li>Suggesting points for improvement when making a biscuit – then suggesting modifications to a recipe (e.g. This biscuit has too many raisins, and it is falling apart, so next time I will use less raisins).</li> </ul>                                                                                                                                                                                                                                                                                                      |
| Knowledge |          | <ul style="list-style-type: none"> <li>To know that not all fruits and vegetables are grown in the UK.</li> <li>To know that climate affects food growth.</li> <li>To know that vegetables and fruit grow in certain seasons.</li> <li>To know that cooking instructions are known as a 'recipe'.</li> <li>To know that imported food is food which has been brought into the country.</li> <li>To know that exported food is food which has been sent to another country.</li> <li>To know that eating seasonal foods can have a positive impact on the environment.</li> <li>To know that similar coloured fruits and vegetables often have similar nutritional benefits.</li> <li>To know that the appearance of food is as important as taste.</li> <li>To know the following cooking techniques: measuring, stirring, cutting out and shaping.</li> <li>To know that the amount of an ingredient in a recipe is known as the 'quantity.'</li> <li>To know that safety and hygiene are important when cooking.</li> <li>To know that products often have a target audience.</li> </ul> | <ul style="list-style-type: none"> <li>To know that cooking instructions are known as a 'recipe'.</li> <li>To know that the appearance of food is as important as taste.</li> <li>To know the following cooking techniques: sieving, measuring, stirring, cutting out and shaping.</li> <li>To understand the importance of budgeting while planning ingredients for biscuits.</li> <li>To know that imported food is food which has been brought into the country.</li> <li>To know that exported food is food which has been sent to another country.</li> <li>To know that the amount of an ingredient in a recipe is known as the 'quantity.'</li> <li>To know that safety and hygiene are important when cooking.</li> <li>To know that products often have a target audience.</li> </ul> |

\*Year 4 only



## Navigators: Year 5/6

|           |          | 2025/2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 2024/2025                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           |          | Developing a recipe                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Come dine with me                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Skills    | Design   | <ul style="list-style-type: none"> <li>Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients.</li> <li>Writing an amended method for a recipe to incorporate the relevant changes to ingredients.</li> <li>Designing appealing packaging to reflect a recipe.</li> <li>Researching existing recipes to inform ingredient choices.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>Writing a recipe, explaining the key steps, method and ingredients.</li> <li>Including facts and drawings from research undertaken.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|           | Make     | <ul style="list-style-type: none"> <li>Cutting and preparing vegetables safely.</li> <li>Using equipment safely, including knives, hot pans and hobs.</li> <li>Knowing how to avoid cross-contamination.</li> <li>Following a step by step method carefully to make a recipe.</li> <li>Working to a given timescale.</li> <li>Working safely and hygienically with independence</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>Following a recipe, including using the correct quantities of each ingredient.</li> <li>Adapting a recipe based on research.</li> <li>Working to a given timescale.</li> <li>Working safely and hygienically with independence</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|           | Evaluate | <ul style="list-style-type: none"> <li>Identifying the nutritional differences between different products and recipes.</li> <li>Evaluating a recipe, considering: taste, smell, texture and origin of the food group.</li> <li>Identifying and describing healthy benefits of food groups.</li> <li>Suggesting and writing up points of improvements for others, and when evaluating their own throughout the planning, preparation and cooking process.</li> <li>Evaluating health and safety in production to minimise cross contamination.</li> </ul>                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>Evaluating a recipe, considering: taste, smell, texture and origin of the food group.</li> <li>Identifying and describing healthy benefits of food groups.</li> <li>Taste testing and scoring final products.</li> <li>Suggesting and writing up points of improvements when scoring others' dishes, and when evaluating their own throughout the planning, preparation and cooking process.</li> <li>Evaluating health and safety in production to minimise cross contamination.</li> </ul>                                                                                                                                                                                                                                        |
| Knowledge |          | <ul style="list-style-type: none"> <li>To understand where meat comes from - learning that beef is from cattle and how beef is reared and processed.</li> <li>To know that recipes can be adapted to suit nutritional needs and dietary requirements.</li> <li>To know that I can use a nutritional calculator to see how healthy a food option is.</li> <li>To understand that 'cross-contamination' means bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects.</li> <li>To know that coloured chopping boards can prevent cross-contamination.</li> <li>To know that nutritional information is found on food packaging.</li> <li>To know that food packaging serves many purposes.</li> <li>To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).</li> </ul> | <ul style="list-style-type: none"> <li>To know that 'flavour' is how a food or drink tastes.</li> <li>To know that many countries have 'national dishes' which are recipes associated with that country.</li> <li>To know that 'processed food' means food that has been put through multiple changes in a factory.</li> <li>To know that recipes can be adapted to suit nutritional needs and dietary requirements.</li> <li>To know that I can use a nutritional calculator to see how healthy a food option is.</li> <li>To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.</li> <li>To understand what happens to a certain food before it appears on the supermarket shelf (Farm to Fork).</li> </ul> |

\*Year 6 only