

Curriculum

The Royal Bath & West of England Society have worked to produce these resources in line with the National Curriculum, specifically relating to:

Key Stage 1 – Cooking & Nutrition

Use the basic principles of a healthy and varied diet to prepare dishes. Understand where food comes from.

Science

Describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food. Food chains. Describe the importance for humans of eating the right amounts of different food.

Key stage 2 – Cooking & Nutrition

Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominately 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.

Science

Identify that all animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food, they get nutrition from what they eat. The importance of nutrition (different food groups).

