



Food and Nutrition Skills Grid

Statement of what matters	Developing physical health and wellbeing has lifelong benefits.		Our decision-making impacts on the quality of our lives and the lives of others.	How we engage with social influences shapes who we are and affects our health and wellbeing.
Purpose:	Ambitious capable learners, ready to learn throughout their lives	Enterprising, creative contributors, ready to play a full part in life and work	Ethical, informed citizens of Wales and the world.	Healthy confident individuals ready to lead fulfilling lives as valued members of society.
Nursery	Wash their hands to keep themselves healthy when eating. Experience a range of healthy foods.			
Reception	Know and talk about different foods and their value in a balanced diet. Make healthy eating choices.			
Year 1 and Year 2	Explain the basic principles of food hygiene and the Eatwell Guide. Be able to sort foods into either healthy or unhealthy Cut, peel or grate ingredients safely and hygienically. Be able to make fruit kebabs, following written instructions. Measure or weigh using measuring cups or spoons. Explain how to keep our bodies healthy.			
Year 3 and Year 4	Prepare ingredients hygienically using appropriate utensils. Measure ingredients to the nearest 10 grams. Assemble and cook dishes around the theme of 'foods that give me energy'. For example, no-bake flapjack, a vegetable sauce for pasta and a frozen fruit smoothie. Be able to plan a meal within parameters of a set amount of carbohydrate. Be able to write instructions for a simple recipe. Be able to identify protein and dairy foods. Be able to evaluate a lunchbox in terms of how healthy it is.			
Year 5 and Year 6	Follow and refine recipes that support the theme of 'A healthy lifestyle'. For example, fruit muffins, cheese crackers, or no sugar oatmeal cookies. Including measuring out various ingredients to the nearest gram, reading a method accurately, following cooking times and cooking temperatures. Understand seasonality, and know where and how a variety of ingredients are grown and reared. Understand basic food groups and food origins. Understand traffic light food labelling and be able to use information to make healthier choices. Understand how portion control is important in providing the body with the nutrients it needs in the correct amounts. Have basic understanding of food related medical conditions such as type 2 diabetes, coronary heart disease.			
Year 7	Cook basic dishes so that they are able to feed themselves and others. For example, fruit crumble, bolognaise sauce, soup and pancakes. How to use cookers and knives safely. Use a range of cooking techniques, for example frying, simmering and baking. Use a range of preparation techniques such as chopping, mixing, whisking and rubbing in. Understand the importance of food hygiene and the correct storage and handling of ingredients. Understand the basic principles of how temperature control is used in food safety. Understand the role of fats and sugar in the diet and how to make healthier choices. Use the Eatwell Guide for a healthy balanced diet. Understand and interpret nutritional information from food labels. Understand how to adapt recipes to make them healthier. Explain how to make more environmentally friendly choices when shopping for food, including how to avoid food waste. Understand how to carry out a food science investigation (caramelisation of sugar) and interpret results. Understand functions of an ingredient in a recipe / dish.			
Year 8	Understand the principles of balanced nutrition and health. Cook a variety of dishes inspired by different countries/cultures including the food of Wales, so that they are able to feed themselves and others a healthy and varied diet. For example, chilli, curry and lasagne. Use a range of cooking methods, for example, layering and sauce making. Understand the source, seasonality and characteristics of a broad range of ingredients. For example, vegetable, pulses, meats and alternatives. Explain how cooking methods can affect healthiness of a dish. Explain how to cook and store rice safely. Understand the role of salt in the diet and how to make healthier choices. Analyse nutrients in a recipe and be able to adapt a recipe to make it healthier. Interpret nutritional information on food labels and understand how food labelling can be used to help support a balanced diet. Understand the benefits of seasonal foods. For example, the quality and cost of produce, the effect on flavour and reduced environmental impact. Be able to choose suitable words to describe the organoleptic characteristics of foods and to use a star diagram to evaluate foods and identify areas for improvement. Understand how to carry out a food science investigation (using starch to thicken a sauce) and interpret results.			



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Year 9	Understand how temperature control is used in food safety. Use a range of preparation and cooking methods to prepare dishes. For example, kneading, proving, shaping, rolling and rubbing in. Cook a variety of dishes such as bread, pizza, pastry pies / tarts and pasties. Calculate and interpret BMI (Body Mass Index). Explain the importance of maintaining a healthy weight and the principles of energy balance. Be aware of and explain government healthy eating guidance and initiatives including Healthy Weight Healthy Wales. Analyse and evaluate menus from cafes / restaurants to help make healthier choices. Explain the effects of food packaging on the environment. Interpret food labels and use information to make healthier choices. Understand how to carry out a food science investigation (bread-making) and interpret results.
Year 10 Food and Nutrition	Understand the principles of food spoilage, including temperature control, date labelling, food poisoning, physical, biological and chemical contamination and preservation. Understand the value in the diet of a range of food commodities (carbs, fruit and veg, dairy, animal and animal-alternative proteins, fats, sugars), reflecting current recommended guidelines for a healthy diet. Prepare and cook a range of dishes using these commodities. Develop a range of complex preparation, knife and cooking techniques including piping, whisking, segmenting, emulsifying and baking blind. Explain the role of macronutrients, micronutrients, fibre and water in the diet. Understand dietary reference values, recommended daily allowances, basal metabolic rate, physical activity level, complementary action of nutrients and results of malnutrition. Understand recommended daily intake for range of life-stages and identify how nutritional needs change due to age, life style choices and state of health. Have sound awareness of obesity, dental caries, heart disease and diabetes. Plan a balanced diet for a range of individuals based on life stage, specific dietary need, specific lifestyle (religion / vegetarian), occupation and activity. Calculate macronutrients and micronutrients in a recipe, meal and diet over a period of time and make changes to increase fibre, reduce saturated fat, increase energy prior to sporting activity and meet recommendations for fibre and free sugar. Understand energy balance to maintain healthy body weight throughout life. Select cooking methods to conserve or modify nutritive value. Understand effect on environment of food waste. Understand the environmental impact of cooking and how to reduce it. Understand food origins, food miles, carbon footprint, buying foods locally, impact of packaging on environment, sustainability of food and food security.
Year 11 Food and Nutrition	Recall, select and perform a variety of food preparation skills, including complex preparation, knife and cooking techniques. Examine the environmental impact and sustainability of food. Describe the various methods and scales of food processing. Carry out independent research on a food topic. Refine a recipe to meet specific requirements. Carry out nutritional analysis using a database and interpret results. Be able to produce a detailed dovetailed plan for cooking 3 dishes plus accompaniments, including safety and quality control. Undertake sensory evaluations and identify areas for improvement.