

KSI Food and Nutrition Objective Progression

<p>Objective 1: I can use the basic principles of a healthy and varied diet to prepare dishes.</p>	
<p>Year 1</p> <p>I can explain when in the day I might eat the food that I have prepared.</p> <p>I can explain whether the food I have prepared is healthy or unhealthy.</p> <p>I can explain when this food might be appropriate to eat (for example cupcakes for a birthday party, sandwiches for a picnic)</p>	<p>Year 2</p> <p>I can identify different food groups in the dishes that I have prepared.</p>
<p>Objective 2: I can name the 5 food groups.</p>	
<p>Year 1</p> <p>I can name the 5 food groups.</p> <p>I can identify at least 1 piece of food in each food group.</p>	<p>Year 2</p> <p>I can identify if I have had a balanced diet throughout the day and highlight what food groups I have already eaten from breakfast, lunch and snack time.</p>
<p>Objective 3: I can understand where food comes from.</p>	
<p>Year 1</p> <p>I can animals in which produce food for example milk from cows, sausages from pigs, fruit from trees and plants.</p>	<p>Year 2</p> <p>I can begin to understand the principles of farm to fork and how my food is created.</p>
<p>Objective 4: I can use equipment safely.</p>	
<p>Year 1</p> <p>I can demonstrate that I can use equipment safely.</p> <p>I can ask questions if I am unsure on how to use a piece of equipment.</p> <p>I can name pieces of food equipment.</p>	<p>Year 2</p> <p>I can demonstrate that I can use equipment safely when transporting food equipment around the room.</p> <p>I can ensure that my peers are using equipment safely.</p> <p>I can name pieces of food equipment and explain how they are used.</p>
<p>Objective 5: I can explain the steps I need to take when preparing food.</p>	
<p>Year 1</p> <p>I know to wash my hands before preparing food.</p> <p>I know to use clean equipment before preparing food.</p>	<p>Year 2</p> <p>I know that if I do not take the steps to take when preparing food that I will spread bacteria and my food will be unhealthy.</p>

<p>I know to wear an apron before preparing food.</p> <p>I know to tie my hair back before preparing food.</p>	
<p>Objective 6: I can try new foods.</p>	
<p>Year 1</p> <p>I have the confidence to try new foods.</p>	<p>Year 2</p> <p>I am open to trying new foods.</p> <p>I can comment on whether or not I like the food.</p> <p>I can describe how the food tastes using appropriate vocabulary.</p>
<p>Objective 7: I can identify ways that I can keep my body healthy.</p>	
<p>Year 1</p> <p>I can comment on the foods I have eaten today and whether they are healthy or unhealthy foods.</p> <p>I can identify when I should eat certain foods (for example is chocolate cake appropriate for breakfast time?)</p>	<p>Year 2</p> <p>I can comment on my healthy body in other lessons (such as PE) as I explore how my body changes when I exercise.</p> <p>I can identify the things I can do to keep my body healthy (e.g. cycling, walking, dancing, drinking water, eating a balanced diet).</p>
<p>Objective 8: I can identify ways I can keep my mind healthy.</p>	
<p>Year 1</p> <p>I can identify when I feel happy.</p> <p>I can identify what makes me feel happy.</p> <p>I can identify who makes me feel happy.</p> <p>I can identify what to do and who to talk to when I do not feel happy.</p>	<p>Year 2</p> <p>I can begin to recognise when people around me do not feel happy.</p> <p>I can demonstrate friendship skills to support others.</p>