



Key Stage 2 Food

Age Related Expectations

All children are assessed against the Age Related Expectations (ARE) within the different curriculum subjects. The ARE's are taken from the National Curriculum but are consolidated to reflect what we expect of a child. For example, three or four national curriculum targets might be summarised in one ARE. Judgements are generally based on a variety of different sources but will generally be a combination of on-going formative assessment in class, book work and formal summative testing.

Strand / Topic	Year 5	Year 5 and 6	Year 6
<p>To master practical skills.</p> <p>Cooking skills</p>	<ul style="list-style-type: none"> - Cut using the cat's claw and bridge. In to regular shaped slices or diced pieces. - Peel away from the body with 'fork secure' if needed. - Grate ingredients safely onto a surface or chopping board (with wet towel underneath). - Measure or weigh using chef's measures and scales, to the nearest 5 g's or 1oz. - Measure volume accurately to the nearest 25ml's. - Assemble or cook ingredients (controlling the temperature of the oven.) - Understanding time when baking. - Prepare ingredients hygienically using appropriate utensils/ equipment. Demonstrating they can wash up hygienically. - Follow a recipe, understanding step by step instructions. 	<ul style="list-style-type: none"> - Prepare ingredients hygienically using appropriate utensils. - Assemble or cook ingredients (controlling the temperature of the oven or hob, if cooking). - Understand in a little depth how to use the microwave to melt products safely. - Understand the bacteria thermometer and how temperature impacts upon how bacteria breed. 	<ul style="list-style-type: none"> - Measure accurately and calculate ratios of ingredients to scale up or down from a recipe. - Understand weights and volumes to the nearest gram or oz. To the nearest ml. According to equipment available. - Use electronic scales. - Demonstrate a range of baking and cooking techniques, including use of the hob, grill and oven. - Modify recipes to your own needs and the needs of your family. - Understand the importance of correct storage and handling of ingredients (using knowledge of micro-organisms), linked to fridge temperature and food poisoning.
<p>To design, make, evaluate and improve.</p> <p>Design Process</p>	<ul style="list-style-type: none"> - Design products that have a clear purpose and an intended user. - Understand the eatwell guide and how to balance your diet. - State how to improve products. - Select the correct equipment and ingredients. - Refine products and techniques as work progresses, continually evaluating the product design. 	<ul style="list-style-type: none"> - Design with purpose by identifying the nutritional needs of different users. Consider age, sex and occupation. - Make products based upon the eatwell guide. - Refine work and techniques as work progresses, continually evaluating the product design. 	<ul style="list-style-type: none"> - Design meals that are high in nutrients and effective energy sources, using mainly wholegrain and brown carbohydrates. - Understand how to use yeast and develop knowledge of bread making theory. - Understand staple foods from around the world, focusing on world carbohydrates. - Understand how to select effective sources of energy, using the eatwell guide. - State how to improve products. - Select the correct equipment and ingredients. - Refine recipes and techniques as work progresses, continually evaluating progress.



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To take inspiration from design throughout history.	<ul style="list-style-type: none"> - Explore outcomes using sensory star diagrams. - Suggest improvements to existing recipes and products. - Explore how products have been created. Improve upon existing designs, giving reasons for choices. 	<ul style="list-style-type: none"> - Identify some of the great cooks within our century and use some of their recipes. - Improve upon existing designs, giving reasons for choices. - Disassemble products to understand how they work. 	<ul style="list-style-type: none"> - Explore outcomes using sensory star diagrams. - Suggest improvements to existing recipes and products, according to modern dishes. - Explore how meals are made and suggest improvements. - Compare traditionally cooked products to modern alternatives. - Use recipes from modern sources, including the internet, books and cooking groups.
Evaluate	<ul style="list-style-type: none"> - Reflect on work produced and state what went well and what could have gone better. 	<ul style="list-style-type: none"> - Use sensory diagrams to evaluate the sensory properties of products. - Identify areas of improvement and suggest actions. 	<p>Develop improvement actions based on the findings of sensory diagrams. Reflect on skills.</p>