

Food: Conceptual Knowledge Progression Map

	Food Sources	Nutrition & Eating	Food Safety & Hygiene
Y1	<ul style="list-style-type: none"> Science: A plant is a living thing that grows in one place. A tree is a type of plant. Science: The basic parts of plant include leaves, flowers, roots, stem (or trunk). Fruits and vegetables come from plants (including trees). Fruits contain a plant's seeds. Vegetables are part of the plant. Food can come from farms, allotments and gardens. Fruits and vegetables are usually harvested in a particular season. Different foods are in season at different times of the year. 	<ul style="list-style-type: none"> We should eat 5 portions of fruit or vegetables each day. 'Eating a rainbow' means to different types of fruits and vegetables, that might have lots of different colours. Fruits and vegetables both contain lots of good things for our bodies. Fruits contain more sugar, so we should eat less of them 	<ul style="list-style-type: none"> Store dairy products in the fridge. Wash hands and tie hair back to stop the tiny living things on our hands getting onto the food and into our bodies. Wear an apron to protect our clothes and stop the tiny living things on them getting into food and into our bodies.
Y2	<ul style="list-style-type: none"> Science: Many plants make fruits or vegetables. Some of these grow below ground. Science: Some plants grow from bulbs. A bulb is a resting stage for certain plants. Foods come from a range of sources, including plants (fruits and vegetables) and animals (meat). Milk comes from animals like cows, sheep, and goats. Foods made from animal milks are called dairy products. Some foods are eaten as they are (e.g. milk; fruits and vegetables). Some foods are processed in some way before we eat them (e.g. cheese is made from milk). 	<ul style="list-style-type: none"> Science: Humans need to eat a healthy and balanced diet. This should include all the nutrients that we need, should be high in fruits and vegetables and low in fats, salt and sugars. Vegetarians choose not eat animal meat. Vegans do not eat any animal product. They eat milks/cheeses made from plants. Some foods are sweet, and some are salty. Texture is about how food feels in our mouths. Food textures include hard, soft, rough, smooth, crunchy, crispy, chewy and creamy. Food is more interesting to eat if it has more than one texture at a time. 	<ul style="list-style-type: none"> Tie hair back and wash hands after sneezing, coughing and going to the toilet to stop the tiny living things on our hands getting into our bodies.
Y3	<ul style="list-style-type: none"> Bread is made from flour, which is ground seeds of the wheat plant. Sources of meat include chicken, sheep (lamb), pigs (pork products), tuna and other fish. 	<ul style="list-style-type: none"> Science: The main food groups are carbohydrates (starch and sugars), proteins, fats, fibre, vitamins and minerals. Humans need a balanced diet. Some people are allergic to certain types of food, like nuts or gluten. This means their body reacts when they eat or are in contact with these foods. Some food allergies are mild, and some can be very serious. 	<ul style="list-style-type: none"> Food should not be eaten after the 'use by' date. Foods can be eaten after the 'best before' date, but we should check them first. High risk foods with a 'use by' date should be kept in the fridge. Hands should be washed after handling raw eggs to stop the tiny things living in there getting into our bodies, because they can make us unwell.

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Y4	<ul style="list-style-type: none"> Beans and lentils are edible seeds from plants. Seasoning adds to the taste of food. Seasoning can include salt, spices (like pepper), herbs, and sugar. Spices are usually made from the seeds, roots, stem or fruits of a plant and add flavour to food. Herbs are usually the leaves of a plant and add flavour to food. Mushrooms are not plants nor animals. They are a type of fungus. 	<ul style="list-style-type: none"> Some people are intolerant to certain types of food, like gluten or dairy products. This means their bodies cannot digest the foods. It can cause discomfort. 	<ul style="list-style-type: none"> Hobs and hand blenders need to be used with care, keeping our fingers away. When blending hot liquids, the blender should be on and/or it is kept well away from the user. Food preparation sources should be wiped down before and after use to stop the tiny living things on the surfaces getting onto food. Food preparation areas should be left clean so that food pests are not attracted.
Y5	<ul style="list-style-type: none"> Pasta is made from wheat flour and water (and sometimes egg). Couscous is a type of pasta. 	<ul style="list-style-type: none"> Explicit review and application of the above. 	<ul style="list-style-type: none"> High risk foods that are cooked and ready to eat should be served immediately or kept in the fridge for 2-4 days. Science: Use a material that is a poor thermal conductor (thermal insulator) when stirring hot food or removing food from the oven.
Y6	<ul style="list-style-type: none"> Foods can be minimally processed (like fresh fruit and vegetables); moderately processed (like cheese and flour); significantly processed (like baked beans); or ultra-processed (like ready meals; sugary cereals and crisps). 	<ul style="list-style-type: none"> A healthy diet is made up of mostly minimally and moderately processed foods. Too many ultra-processed foods should be avoided. 	<ul style="list-style-type: none"> Science: The tiny living things that we need to stop getting into food are bacteria and viruses. They can sometimes make us unwell.