

# Dawn House School: Food and Nutrition Progression Map

Engage, Develop, Communicate, Aspire



(D1 - D9) Primary 1:	(D1 - D9) Primary 2:	(D1 - D9) Junior:
<p><b>Exploring Food:</b></p> <ul style="list-style-type: none"> <li>Introducing a variety of foods through tasting sessions to develop awareness of different flavours, textures, and smells.</li> </ul> <p><b>Basic Food Preparation:</b></p> <ul style="list-style-type: none"> <li>Engaging in simple food preparation activities, such as washing fruits and vegetables, spreading butter on bread, and mixing ingredients with hands or basic utensils.</li> </ul> <p><b>Fine Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Developing fine motor skills through activities like cutting soft foods with plastic knives, pouring liquids, and stirring mixtures.</li> </ul> <p><b>Healthy Eating:</b></p> <ul style="list-style-type: none"> <li>Learning about healthy eating habits and the importance of a balanced diet, including recognizing fruits, vegetables, and other healthy foods.</li> </ul> <p><b>Kitchen Safety:</b></p> <ul style="list-style-type: none"> <li>Understanding basic kitchen safety rules, such as washing hands before handling food, not touching hot surfaces, and using utensils safely.</li> </ul> <p><b>Personal Hygiene:</b></p> <ul style="list-style-type: none"> <li>Emphasizing the importance of personal hygiene, such as washing hands, wearing aprons, and tying back long hair during food preparation.</li> </ul> <p><b>Following Instructions:</b></p> <ul style="list-style-type: none"> <li>Following simple, step-by-step instructions for food-related activities, fostering listening skills and the ability to sequence actions.</li> </ul>	<p><b>Basic Food Preparation:</b></p> <ul style="list-style-type: none"> <li>Performing simple food preparation tasks such as peeling, slicing soft fruits and vegetables, spreading, and mixing ingredients using basic utensils.</li> </ul> <p><b>Healthy Eating:</b></p> <ul style="list-style-type: none"> <li>Identifying and categorizing different types of food into groups such as fruits, vegetables, proteins, and grains, and understanding the importance of a balanced diet.</li> </ul> <p><b>Kitchen Safety:</b></p> <ul style="list-style-type: none"> <li>Reinforcing basic kitchen safety rules, including safe handling of utensils, understanding the importance of not touching hot surfaces, and practicing safe behaviour in the kitchen.</li> </ul> <p><b>Personal Hygiene:</b></p> <ul style="list-style-type: none"> <li>Consistently applying personal hygiene practices such as washing hands before handling food, wearing an apron, and keeping workspaces clean.</li> </ul> <p><b>Following Instructions:</b></p> <ul style="list-style-type: none"> <li>Developing the ability to follow simple, step-by-step recipes and instructions, enhancing listening and sequencing skills.</li> </ul> <p><b>Fine Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Improving fine motor skills through tasks like cutting with child-safe knives, stirring, kneading dough, and using measuring spoons and cups.</li> </ul> <p><b>Exploring Textures and Flavors:</b></p> <ul style="list-style-type: none"> <li>Exploring and describing the textures and flavours of different foods, broadening sensory experiences and vocabulary.</li> </ul>	<p><b>Food Preparation:</b></p> <ul style="list-style-type: none"> <li>Performing more complex food preparation tasks, such as grating, chopping firmer vegetables, and using more advanced utensils like peelers and whisks.</li> </ul> <p><b>Healthy Eating Habits:</b></p> <ul style="list-style-type: none"> <li>Deepening understanding of healthy eating by identifying the nutritional value of different foods and understanding the benefits of a balanced diet.</li> </ul> <p><b>Food Safety:</b></p> <ul style="list-style-type: none"> <li>Learning more about food safety practices, including the importance of storing food correctly, understanding expiration dates, and recognizing signs of food spoilage.</li> </ul> <p><b>Personal and Kitchen Hygiene:</b></p> <ul style="list-style-type: none"> <li>Consistently applying personal and kitchen hygiene practices, such as washing hands, cleaning work surfaces, and using separate utensils for raw and cooked foods.</li> </ul> <p><b>Following Detailed Instructions:</b></p> <ul style="list-style-type: none"> <li>Developing the ability to follow more detailed recipes and instructions, including multi-step processes and precise measurements.</li> </ul> <p><b>Fine Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Further improving fine motor skills through tasks like cutting with greater precision, kneading dough, and using small kitchen tools like garlic presses and zesters.</li> </ul>

<p><b>Social Skills:</b></p> <ul style="list-style-type: none"> <li>Encouraging social interaction and cooperation by working together on food preparation tasks, sharing tools, and taking turns.</li> </ul> <p><b>Exploring Senses:</b></p> <ul style="list-style-type: none"> <li>Using the five senses to explore and describe different foods, enhancing sensory development and vocabulary.</li> </ul> <p><b>Food Origins:</b></p> <ul style="list-style-type: none"> <li>Introducing the concept of where food comes from, such as identifying fruits and vegetables that grow on trees or plants and discussing farm animals.</li> </ul> <p><b>Simple Cooking Terms:</b></p> <ul style="list-style-type: none"> <li>Learning basic cooking terms, such as mix, stir, chop, and pour, to build foundational culinary vocabulary.</li> </ul> <p><b>Understanding Utensils:</b></p> <ul style="list-style-type: none"> <li>Recognizing and correctly using simple kitchen utensils, such as spoons, bowls, and measuring cups.</li> </ul> <p><b>Enjoying Mealtimes:</b></p> <ul style="list-style-type: none"> <li>Promoting a positive attitude towards mealtimes, including setting the table, serving food, and eating together, to develop social and cultural food practices.</li> </ul>	<p><b>Understanding Food Origins:</b></p> <ul style="list-style-type: none"> <li>Learning more about where food comes from, including basic information about farming, gardening, and different sources of food.</li> </ul> <p><b>Basic Cooking Techniques:</b></p> <ul style="list-style-type: none"> <li>Introducing basic cooking techniques such as stirring, combining ingredients, and simple no-cook recipes (e.g., making sandwiches or fruit salads).</li> </ul> <p><b>Creative Food Presentation:</b></p> <ul style="list-style-type: none"> <li>Encouraging creativity in food presentation, such as arranging food on a plate in visually appealing ways and decorating simple dishes.</li> </ul> <p><b>Social Skills and Sharing:</b></p> <ul style="list-style-type: none"> <li>Developing social skills through group cooking activities, sharing utensils and ingredients, and working cooperatively with classmates.</li> </ul> <p><b>Using Kitchen Tools:</b></p> <ul style="list-style-type: none"> <li>Becoming familiar with basic kitchen tools and utensils, understanding their uses, and learning to handle them safely and correctly.</li> </ul> <p><b>Measuring Ingredients:</b></p> <ul style="list-style-type: none"> <li>Learning to measure ingredients accurately using measuring spoons, cups, and scales, and understanding the importance of measurement in recipes.</li> </ul> <p><b>Simple Nutritional Concepts:</b></p> <ul style="list-style-type: none"> <li>Introducing basic nutritional concepts, such as understanding the role of different food groups in providing energy and nutrients for growth and health.</li> </ul>	<p><b>Exploring Food Characteristics:</b></p> <ul style="list-style-type: none"> <li>Describing and comparing the textures, flavours, and aromas of various foods, enhancing sensory awareness and vocabulary.</li> </ul> <p><b>Understanding Food Origins:</b></p> <ul style="list-style-type: none"> <li>Expanding knowledge about where food comes from, including learning about local and seasonal foods, and basic concepts of food production and farming.</li> </ul> <p><b>Basic Cooking Techniques:</b></p> <ul style="list-style-type: none"> <li>Practicing basic cooking techniques such as boiling, baking (e.g., simple cookies or bread), and combining ingredients in more complex ways.</li> </ul> <p><b>Creative Presentation and Plating:</b></p> <ul style="list-style-type: none"> <li>Enhancing creativity in food presentation, such as designing appealing food arrangements and garnishing dishes.</li> </ul> <p><b>Teamwork and Cooperation:</b></p> <ul style="list-style-type: none"> <li>Developing teamwork and cooperation skills through group cooking projects, sharing tasks, and collaborating effectively with classmates.</li> </ul> <p><b>Using Kitchen Tools Safely:</b></p> <ul style="list-style-type: none"> <li>Becoming proficient with a wider range of kitchen tools and utensils, understanding their uses, and handling them safely and correctly.</li> </ul> <p><b>Accurate Measuring:</b></p> <ul style="list-style-type: none"> <li>Accurately measuring ingredients using measuring cups, spoons, and scales, and understanding the importance of precision in recipes.</li> </ul>
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## (D9 - D11) Key Stage 3:

### **Advanced Food Preparation:**

- Performing more complex food preparation tasks such as slicing, dicing, grating, peeling, and using equipment like blenders and juicers.

### **Understanding Nutritional Values:**

- Learning about the nutritional value of various foods and understanding how different foods contribute to a balanced diet.

### **Food Safety and Hygiene:**

- Reinforcing and expanding knowledge of food safety practices, including understanding cross-contamination, safe food storage, and the importance of expiration dates.

### **Advanced Hygiene Practices:**

- Maintaining high standards of personal and kitchen hygiene, including thorough hand washing, cleaning utensils and surfaces, and using separate chopping boards for different types of food.

### **Following Complex Instructions:**

- Developing the ability to follow more complex recipes with multiple steps and precise measurements, including the use of cooking terminology.

### **Fine Motor Skills and Precision:**

- Further refining fine motor skills with tasks like accurate cutting, kneading, rolling, and using more sophisticated kitchen tools and gadgets.

### **Exploring Food Characteristics:**

- Exploring and describing a wider range of food textures, flavours, and aromas, and understanding how cooking methods affect these characteristics.

### **Understanding Food Origins and Production:**

- Gaining a deeper understanding of where food comes from, including the processes of farming, harvesting, and food production, and learning about local and seasonal foods.

### **Intermediate Cooking Techniques:**

- Practicing intermediate cooking techniques such as baking, roasting, simmering, and sautéing, and understanding the basic principles behind these methods.

### **Creative Food Presentation:**

- Enhancing skills in creative food presentation and plating, including garnishing and arranging food in an appealing manner.

### **Teamwork and Collaboration:**

- Strengthening teamwork and collaboration skills through group cooking projects, delegating tasks, and working together to prepare meals.

### **Using Kitchen Tools Effectively:**

- Becoming proficient with a broader range of kitchen tools and appliances, understanding their specific uses, and handling them safely and effectively.

### **Accurate Measuring and Portion Control:**

- Improving accuracy in measuring ingredients using different tools and understanding the importance of portion control in recipes and meal planning.

**Understanding Food Groups and Dietary Needs:**

- Developing a more nuanced understanding of food groups, dietary needs, and how to plan balanced meals that meet nutritional requirements.

**Understanding Food Groups:**

- Gaining a deeper understanding of different food groups and their roles in nutrition, including the concept of macronutrients (carbohydrates, proteins, fats), dietary needs and micronutrients (vitamins, minerals).

## (D11 – D13) Key Stage 4/5 Options:

### Advanced Food Preparation:

- Handling more complex food preparation tasks such as chopping, mincing, grating, and using advanced kitchen tools like food processors and hand mixers.

### Nutritional Knowledge:

- Understanding the nutritional content of different foods and their impact on health, including knowledge of vitamins, minerals, and the role of macronutrients in a balanced diet.

### Food Safety and Hygiene:

- Reinforcing and practicing detailed food safety and hygiene standards, including the principles of food storage, preventing cross-contamination, and understanding use-by and best-before dates.

### Personal Hygiene and Kitchen Cleanliness:

- Consistently applying high standards of personal hygiene, maintaining a clean and organized workspace, and understanding the importance of sanitizing surfaces and utensils.

### Complex Recipes:

- Following and executing more complex recipes with multiple steps, including understanding and using advanced cooking terminology and techniques.

### Precision in Food Preparation:

- Developing precision and control in food preparation, improving skills in measuring, weighing, and portioning ingredients accurately.

### Sensory Analysis:

- Conducting sensory evaluations of food, describing and analysing the effects of different cooking methods on taste, texture, and appearance.

### Understanding Food Sources and Sustainability:

- Learning about the origins of different foods, the impact of food production on the environment, and the principles of sustainable and ethical food choices.

### Intermediate to Advanced Cooking Techniques:

- Mastering a range of cooking techniques such as baking, roasting, grilling, poaching, and steaming, and understanding the scientific principles behind these methods.

## (D13 - D16): Key Stage 4/5 Options

### Advanced Food Preparation and Cooking Techniques:

- Mastering a range of cooking techniques such as frying, sautéing, steaming, and baking, including the use of advanced kitchen tools and appliances.

### Understanding Nutritional Needs:

- Learning about the dietary needs of different age groups and lifestyles, and understanding how to create balanced meals that meet these needs.

### Food Science:

- Exploring the science behind cooking, including how heat affects food, the role of different ingredients in recipes, and the principles of food preservation.

### Food Safety and Hygiene:

- Practicing rigorous food safety and hygiene standards, including understanding foodborne illnesses, safe handling of raw and cooked foods, and maintaining a clean kitchen environment.

### Menu Planning and Meal Preparation:

- Developing skills in planning menus for various occasions, considering nutritional balance, dietary requirements, and cost-effectiveness.

### Cultural Awareness in Food:

- Exploring foods from different cultures, understanding their nutritional values, and preparing culturally diverse dishes.

### Sustainable Food Practices:

- Learning about sustainable food practices, including the environmental impact of food choices, reducing food waste, and selecting seasonal and locally sourced ingredients.

### Advanced Sensory Analysis:

- Conducting detailed sensory evaluations of food, including taste tests, texture analysis, and understanding the impact of different cooking methods on food quality.

### Food Product Development:

- Engaging in food product development, including designing, creating, and evaluating new food products, considering factors such as taste, texture, appearance, and marketability.

**Creative and Aesthetic Food Presentation:**

- Enhancing skills in food presentation, including plating techniques, garnishing, and creating aesthetically pleasing dishes.

**Teamwork and Leadership:**

- Developing teamwork, leadership, and communication skills through collaborative cooking projects, taking on various roles, and coordinating group activities.

**Proficiency with Kitchen Equipment:**

- Becoming adept with a variety of kitchen equipment and appliances, understanding their functions, and using them safely and efficiently.

**Dietary Needs and Meal Planning:**

- Planning and preparing balanced meals that meet specific dietary needs and preferences, understanding dietary restrictions, and considering cultural and ethical aspects of food.

**Evaluating and Improving Recipes:**

- Evaluating the success of recipes, making adjustments to improve outcomes, and developing the ability to create and adapt recipes based on available ingredients and nutritional goals.

**Health and Safety in the Kitchen:**

- Understanding and applying health and safety regulations in the kitchen, including the use of personal protective equipment (PPE) and safe operation of kitchen appliances.

**Budgeting and Cost Management:**

- Learning to budget for meal preparation, including calculating costs, managing resources, and making cost-effective food choices.

**Dietary and Ethical Considerations:**

- Considering dietary needs and ethical issues in food choices, such as vegetarianism, veganism, allergies, and ethical sourcing of ingredients.

**Practical Cooking Skills:**

- Enhancing practical cooking skills through regular practice, including time management, multitasking, and efficient kitchen workflow.

**Critical Evaluation and Feedback:**

- Developing the ability to critically evaluate food products and meals, providing constructive feedback, and using this feedback to improve cooking techniques and recipes.