



Signed

Date November 2023

Review November 2025

Woodford Valley C of E Primary Academy FOOD TECHNOLOGY

This school is committed to creating the ethos in which children can grow towards Christian life, love and learning

And now I give you a new commandment: love one another. As I have loved you, so you must love one another. If you have love for one another, then everyone will know that you are my disciples.”
John 34-35

This policy document is a statement of the aims and principles for the teaching and learning of food technology at Woodford Valley C of E Primary Academy. It should be read in conjunction with all other policies.

"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together."

-Guy Fieri (American restaurateur)

At Woodford Valley we are fortunate to have our own Food Technology classroom where we are able to instil a love of cooking and the importance of a healthy diet.

Our main target is to encourage every child to be as independent as they can. We pay special attention as well at "The eat well plate" and the relation between the food we eat and our health.

At food technology, the children learn a wide range of cooking skills such as; kneading, chopping, mixing ... as well as other ones that link with other subject's curriculum like measuring, reading and comprehension, among others.

We believe, as well, that is very important skill for the future, to learn how to work cooperatively with others, therefore the pupils work in pairs through every recipe, sharing and helping each other.

Aims

Food Technology aims to:

- Provide relevant opportunities for all learners to participate in practical food sessions to the best of their abilities.
- Allow learners to gain confidence in their abilities and develop self esteem.
- Develop pupil's enjoyment of the subject by gaining great rewards from the finished products.
- Build upon practical skills within food preparation that will allow greater Independence.
- Provide opportunities for both team and independent work.
- Allow learners to draw upon knowledge gained for other subject areas such as Maths and Science.
- Enable learners to evaluate their work to the best of their ability and plan for future improvements and alterations.
- Place great emphasis on the importance of health and safety and demonstrate to learners the safe use of equipment and work space within the Food Technology class.

Objectives

Learners should be able to:

- Recognise the importance of healthy food and healthy eating
- Accept what we eat is related to growth and health.
- Explain what we mean by "Healthy Eating"
- Value the importance of kitchen and food hygiene
- Respect safety rules within the kitchen and understand the necessity to do so.
- Know the names and explain the use of pieces of kitchen equipment
- Suggest a balanced meal.
- Name the main food groups and give an example of each.
- Indicate an understanding of why we need to cook specific foods.
- Name the different ways in which we cook foods
- Relate foods to their correct areas of storage
- Follow verbal and written instructions in a safe and responsible manner
- Demonstrate basic food preparation techniques.
- Be able to work independently and in pairs.

Year group	Recipe approach	Equipment and skills	Measuring
Reception	Follow instructions given one at a time by an adult and carrying them out with help.	Crushing/squishing (fork and fingers), peeling (by hand), shaping (rolling pin and hands), mixing (spoons), cutting (butter knife, cutters).	Measuring spoons (with adult help)
Year 1	Follow a simple recipe with pictures all together with adult help.	Peeling (swivel peeler with adult supervision), mixing (spoons, hands, whisk and fork), cutting (butter knife, cutter and scissors), grating (have a go with the grater with adult help),	Measuring with spoons and measuring jug (with adult help)
Year 2	Follow a simple recipe with pictures supported by an adult.	Crushing/squeezing (hands), Peeling (swivel peeler with adult supervision), mixing (spoons, hands, whisk and fork), cutting (butter knife, cutter and scissors), grating (have a go with the grater with adult help).	Measuring spoons (independently) measuring jug, digital scales (With adult help)
Year 3	Follow a simple recipe with pictures with adult guidance. Work step by step all together raising hand when help is needed.	Crushing/squeezing (fork and hands), Peeling (swivel peeler with adult supervision, table knife), mixing (spoons, hands, whisk and fork), cutting (butter knife, cutter and scissors), grating (used the grater with adult help).	Measuring spoon and measuring jug (independently), Digital scales (with adult supervision).
Year 4	Follow a simple recipe with pictures with adult guidance. Work step by step all together raising hand when help is needed.	Crushing/squeezing (fork and hands), Peeling (swivel peeler with adult supervision, table knife), mixing (spoons, hands, whisk and fork), cutting using bridge technique with adult help (butter knife, cutter, table knife, scissors), grating (used the grater with adult help). Heating (hob with adult help).	Measuring spoons, measuring jug (independently), Digital scales (with adult supervision)
Year 5	Follow a more elaborated recipe with pictures independently, all together step by step.	Crushing/squeezing (fork and hands), Peeling (swivel peeler with adult supervision, vegetable knife), mixing (spoons, hands, whisk and fork), cutting using bridge and claw technique with adult help (butter knife, cutter, table knife, scissors, vegetable knife), grating (used the grater with adult help). Heating (hob with adult help).	Measuring spoons and measuring jug (independently) Digital scales (adult guidance)
Year 6	Follow a more elaborated recipe without pictures independently raising hand when help is needed	Crushing/squeezing (fork and hands), Peeling (swivel peeler with adult supervision, vegetable knife), mixing (spoons, hands, whisk and fork), cutting using bridge and claw technique with adult help (butter knife, cutter, table knife, scissors, vegetable knife), grating (used the grater with adult help). Heating (hob with adult supervision).	Measure independently.