

**F1/Nursery:**

To know that I must wash my hands before touching food.

To know that combining ingredients will create a product.

To know that hot water will melt jelly cubes.

To know that putting the jelly into the fridge will set it.

To know that shaking cream continuously will change the consistency.

To know that adding heat to a mixture will make it edible.

To know that a knife can be used to cut food.

To know that fruit is a healthy choice.

To know that a rolling pin can be used to flatten dough.

**F2/Reception:**

To know that ingredients need to be measured when following a recipe correctly.

To know food can be made in different ways such as boiling, blending and frying.



DT Knowledge Path  
**Cooking and nutrition**

**Year 1:**

To know the different food groups.

To know that I need to use a sharp knife when cutting fruit and vegetables.

To know how to cut safely.

To know that some foods are unhealthy because they contain sugars and fats.

**Year 2:**

To know that food comes from different sources.

To know that I can use a bridge cut safely.

To know that a blender can combine 2 or more ingredients changing their consistency.