


Meadow Park School - Curriculum Map 2025-2026											
Key Stage	Year Group	Subject	Teacher	Programme of Study							
KS2		Food and Nutrition		National Curriculum							
Autumn a		Autumn b	Spring a	Spring b	Summer a	Summer b					
Topic(s) Kitchen Confidence Focus: safety and independence in the kitchen		Topic(s) Breakfast Boosts Focus: the importance of breakfast for energy	Topic(s) Fun with Fruit & Veg Focus: trying new foods, healthy eating basics	Topic(s) Around the World Focus: tasting foods from different cultures	Topic(s) Protein Power Focus: foods that help us grow strong	Topic(s) Food Celebration Focus: bringing skills together, cooking for fun					
KS2											
<div>✔ Key Learning basic hygiene (handwashing), safe knife use (bridge / claw grip), naming equipment</div> <div>🔍 Practical Skills chopping, food handling, spreading, filling, creativity, assembly, weighing, rubbing in method, baking, decorating</div> <div>🍽️ Dishes Fruit kebabs, wraps, apple crumble, pizza toast, scrambled eggs, Halloween cakes</div>		<div>✔ Key Learning simple swaps for healthier breakfasts</div> <div>🔍 Practical Skills layering, blending, measuring, weighing, baking</div> <div>🍽️ Dishes Breakfast pots, smoothies, pancakes, fruit tarts, breakfast muffins</div>		<div>✔ Key Learning "eat the rainbow" – why different colours are good for us</div> <div>🔍 Practical Skills chopping, grating, presentation, weighing, baking, decorating</div> <div>🍽️ Dishes Rainbow salad pots, dippy divers, vegetable rolls, savoury cakes</div>		<div>✔ Key Learning that we all eat different foods but share common ingredients</div> <div>🔍 Practical Skills using the hob, kneading dough, rolling, weighing, presentation, decorating</div> <div>🍽️ Dishes Pasta salad, flatbread, mini pizzas, fried rice, pastries</div>		<div>✔ Key Learning simple idea of foods that give us "energy" vs "building blocks"</div> <div>🔍 Practical Skills safe handling of eggs, using the oven, toasting, coating, baking</div> <div>🍽️ Dishes Omelette, chicken/tofu wraps, chicken goujons / nuggets, bean pasties</div>		<div>✔ Key Learning working as a team, presenting food with pride</div> <div>🔍 Practical Skills Combination of all learnt skills throughout each term</div> <div>🍽️ Dishes Decorated cupcakes, homemade biscuits, milkshakes, apple pie</div>	
Assessment Tasks		Assessment Tasks		Assessment Task		Assessment Tasks					
Practical assessment Task: Pupils independently prepare a dish using knife skills Teacher Assessment: <ul style="list-style-type: none">- Hygiene routines (handwashing, surface cleaning)- Knife skills (bridge and claw)- Safe equipment handling-		Practical assessment Task: Pupils make a balanced breakfast Teacher Assessment: <ul style="list-style-type: none">- Combining multiple food groups (carbs, fruit, protein)- Portioning and presentation		Practical assessment Task: Prepare veg independently Teacher Assessment: <ul style="list-style-type: none">- Fine chopping, dicing and peeling skills- Using equipment safely- Presentation skills		Practical assessment Task: Make pizza base from scratch Teacher Assessment: <ul style="list-style-type: none">- Following instructions- Measuring and mixing dough- Kneading technique- Oven safety		Practical assessment Task: Cook a omelette using safe handling skills Teacher Assessment: <ul style="list-style-type: none">- Safe egg / meat handling- Pan control (not burning/scrambling)- Multi-step cooking		Practical assessment Task: Pupils will independently work in groups / pairs to use their learnt skills and produce a final baked good from scratch Teacher Assessment: <ul style="list-style-type: none">- Independent working (choosing ingredients, following a recipe)	

					<ul style="list-style-type: none"> - Cooking techniques learned across the year - Presentation & evaluation skills
Personal Development	Personal Development	Personal Development	Personal Development	Personal Development	Personal Development
Independence and responsibility, following instructions, safety awareness	Healthy lifestyle choices, routine and preparation, positive habits	Curiosity and openness, resilience, respect for food and waste awareness, raising aspirations	Cultural respect and tolerance, teamwork, global awareness	Self-care and nutrition knowledge, practical life skills, confidence building	Leadership and initiative, creativity, reflection and pride, finance and meal budgeting
Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing
Safety posters and kitchen signage, recipe instructions, hygiene and safety rules, identification of tools and equipment	Eatwell guide, simple nutrition fact sheets, labelling and annotating tasks, reflective writing tasks	Info on vitamins and minerals in fruit and veg, ingredients lists, food packaging labels, persuasive writing techniques using key vocab	Identification of world map, recipes from different cultures, understanding new words in different languages, reflection writing	Protein source lists, food safety leaflets about eggs / meat, sorting labels into categories, reflection writing	Research and read articles for chosen dish, simple online searches (with guidance), designing of menus and gathering of recipe information, reviewing existing menus, time plan writing, reflection writing
Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening	Speaking & Listening
<p>Class discussions: discuss kitchen rules and why they're important</p> <p>Recaps: students describe safety steps before starting practical's</p> <p>Vocal practice: saying names of equipment /utensils when shown</p>	<p>Class discussions: discuss and justify why an item belongs in a certain food group</p> <p>Peer explanations: explain how to prepare a dish to a partner</p> <p>Q&A: students ask and answer questions about the Eatwell guide</p>	<p>Class discussions: students share what they like / don't like about different fruit and veg</p> <p>Knife skills demo: students talk through the steps as they practice (narration)</p> <p>Mini presentations: pairs describe a fruit/veg fact to the group</p>	<p>Class discussions: discuss foods they eat at home and discuss cultural traditions</p> <p>Recipe instructions: read steps aloud</p> <p>Feedback: peer WWW / EBI</p>	<p>Class discussions: students discuss if foods are animal or plant-based. Also share known substitutions</p> <p>Safety talks: students explain how to handle eggs or raw meat safely</p> <p>Commentary: narrate steps during practical</p>	<p>Class discussions: students present their chosen dish / country to the group (informal)</p> <p>Team collaboration: talking through who will do each task during the group cooking</p> <p>Reflection: self WWW / EBI</p>

Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning	Numeracy & Mathematical Reasoning
<p>Reading scales (digital and analogue), calculating timings, measuring in grams and millimetres accurately</p> <p>Mathematical reasonings: Why accurate measurements are important for safety and recipe success?</p>	<p>Using measuring jugs for ml, comparing portion sizes (e.g. ½ cup oats vs 1 cup of oats), understanding and using fractions (½ a banana, ¼ of an apple)</p> <p>Mathematical reasonings: Thinking about balanced proportions on the Eatwell guide</p>	<p>Counting out fruit / veg pieces, estimating and weighing produce (e.g. is this carrot about 100g), understanding knife cuts (½, ¼, fine dice)</p> <p>Mathematical reasonings: Comparing raw vs cooked weight (veg loses water when boiled)</p>	<p>Measuring rice, pasta and flour in grams, simple ration thinking for dough (e.g. flour : water), timings for cooking</p> <p>Mathematical reasonings: Thinking about how doubling or halving a recipe affects amounts</p>	<p>Weighing and portioning protein (e.g. eggs, beans), reading oven and hob temperatures, calculating safe storage times (e.g. use within 2 days)</p> <p>Mathematical reasonings: Understanding why precise cooking times matter to food safety</p>	<p>Scaling recipes up/down (e.g. recipe serves 2 but group of 4), budgeting ingredients (estimating costs), time planning for their dish</p> <p>Mathematical reasonings: Making decisions: if I have £5, which ingredients can I afford? Sequencing tasks logically in order of time</p>
Creative Media	Creative Media	Creative Media	Creative Media	Creative Media	Creative Media
Using Canva / PPT to design safety posters, taking photos of utensils / equipment to label	Eatwell guide Moodboard of healthy breakfasts from online images, students type and format their own recipe cards.	Food photography introduction (taking photos of final outcomes), light editing of photos (brightness, saturation, labels), create a 5-a-day infographic	World food map development, video clips of different cultures, recording of demo clips to share good practice	Student made step-by-step photo recipes, design of infographic on safe meat/egg handling	Project presentation slides, research and calculate nutritional value of products, end of year recipe book: gathering student photos and recipe developments