



## Subject Overview Statement

**Cooking and Nutrition**

| Intent   | Implementation   | Impact  |
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| <p>The Cooking and Nutrition Curriculum is designed to teach children about cooking and nutrition, and how it can make a real difference to the quality of their lives; it equips them with the confidence to make healthy food choices and supports a healthy enjoyment of food. Our aim is to teach children to cook from an early age so it can contribute to maintaining a healthy weight, good oral health, general health and wellbeing and is an important life skill. Cooking is also a perfect tool for teachers to captivate and stimulate children's enjoyment of food and can help to build self-confidence when they are proud of the dishes they make. Cooking and nutrition is designed to ensure there are many cross curricular links and provides a focus for English, Maths and a link to growing. Learning cooking and nutrition skills also prepares pupils for transition to secondary setting where they will be taught more formal food technology with opportunities to further develop their skills and knowledge in cooking and nutrition</p> <p>Through a design, make and evaluation process, the children are encouraged to reflect on and appreciate how food and nutrition can impact on our physical and mental health.</p> | <p>In order to promote lifelong learning and promote personal development, a planned programme of cooking and nutrition is implemented in the early years and all key stages across the school. The scheme of work has been modified to take into account The National Curriculum guidance and unique needs of our pupils. The curriculum overview offers an opportunity and flexibility to coherently plan sequence of lessons to help teachers ensure they have progressively covered the knowledge, understanding and skills. The adaptation and flexibility allow for the revision of ideas to become part of good practice and ultimately helps to build a depth to children's understanding at their level of learning. Through revisiting and consolidating skills, the children build on prior knowledge alongside introducing new skills, knowledge and challenge. The revision and introduction of key vocabulary is built into each year group.</p> <p>The Curriculum takes into account the skills in the following areas and outlines the process:</p> <ul style="list-style-type: none"><li>• Food safety and hygiene</li><li>• Consumer awareness</li><li>• Designing and Preparation of healthy everyday dishes</li><li>• Cooking and evaluating dishes</li></ul> <p>Through these lessons, pupils will be inspired to embrace love of cooking for health and nutrition.</p> | <p>The impact of the Cooking and Nutrition technology curriculum will be evidenced by:</p> <p>A triangulation of formal and termly assessments.</p> <p>Half-termly book scrutinises, half termly lesson plan reviews, learning walks as needed and observations by subject leads in conjunction with senior staff.</p> <p>In addition, other hard data will be used as necessary to obtain a clear, coherent understanding of the success of cooking and nutrition.</p> |

Date: 2025/2026

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