



# Key Stage 1 – Design Technology

## Food and Nutrition

FN1 - Use the basic principles of a healthy and varied diet to prepare dishes

Not Met

Shallow

Emerging

Developing

Deepening

Functional

FN2 - Understand where food comes from.

Not Met

Shallow

Emerging

Developing

Deepening

Functional

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.