



Key Stage 3 – Design Technology

Food and Nutrition

FN1 - Understand and apply the principles of nutrition and health

Not Met

Shallow

Emerging

Developing

Deepening

Functional

FN2 - Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

Not Met

Shallow

Emerging

Developing

Deepening

Functional

FN3 - become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

Not Met

Shallow

Emerging

Developing

Deepening

Functional

FN4 - understand the source, seasonality and characteristics of a broad range of ingredients.

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.