# Linked learning theme: New Beginnings

**Spring term 2, Year 1**

## DT – food and nutrition

**Prior knowledge**

In EYFS, children have experienced baking. They have stirred, poured and measured ingredients with support. They have followed a recipe with adult guidance.

**Core knowledge**

- We follow a recipe to get the same outcome each time.
- We need to work safely with tools and equipment when cutting, baking and mixing.
- We need to wash our hands and keep clean when touching food.
- The oven makes food hot, fridge cools food down, microwave makes food hot and can defrost.

**Key Skills**

- I can group familiar food products e.g. fruit and vegetables.
- I understand the need for a variety of foods in a diet.
- I can cut, peel, grate and chop a range of ingredients.
- I can measure and weigh food items using cups and spoons.
- I can explain where food comes from.

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| **Vocabulary** | Baking | Recipe | Nutrition |
| Cutting | Mixing | Food | Ingredients |