



SECTION 1: The Curriculum in Cooking and Nutrition

Key Questions:

- Do the principles of healthy eating and a balanced varied diet underpin the curriculum in cooking and nutrition?
- Are the majority of dishes that are prepared by the children savoury and based on the principles of healthy eating?
- Is there a whole school approach to food that includes lessons in cooking and nutrition?

SECTION 2: Designing, Making and Evaluating

Key Questions:

- Is there a clear progression of food preparation skills that are specifically taught, and children have the opportunity to revisit, practise and consolidate?
- Do children learn how to follow a recipe, write a recipe and adapt a recipe?
- Are children taught how to prepare to cook including routines for keeping themselves healthy and safe?
- Do children learn how to carry out taste tests and have the opportunity to develop their experiences of tasting food and their taste vocabulary?

SECTION 3: Food Origins and Seasonality

Key Questions:

Are there opportunities within the curriculum for children to learn about:

- Different foods and their names?
- Where foods are produced? (farms, locally, different places around the world)
- Where food comes from ? (grown, reared, caught)
- Seasonality?
- How different foods are made and processed?
- Different diets and the reasons people make choices about what they eat?
- Understanding and using the information on food packaging and labelling?
- Food entrepreneurship?