



Kale - KS1 and KS2

Background

The education sheets focus on addressing the five food and nutrition competences as identified by the British Nutrition Foundation (2003-4), mapped against curricular requirements in the UK.

The education sheets cover at least one point from each competency. Both sets of education sheets utilise similar information, but at differentiated levels of presentation and understanding.

List of images

KS1/1

What's so good about kale

- A whole kale plant in the ground
- Kale dish
- Kale leaf

KS1/2

From seed to shop shelf

- Young kale plants
- Harvesting rig in action
- Packaging

KS2/1

What's so good about kale

- A whole kale plant in the ground [as KS1]
- Kale dish [as KS1]
- Balance of Good Health illustration

KS2/2

From seed to shop shelf

- Young kale plants [as KS1]
- Harvesting rig in action [as KS1]
- Packaging [as KS1]

Appropriate food and nutrition understanding for pupils aged 5 to 7 years



Food and Nutrition Competences (British Nutrition Foundation)

A. Diet & Health

Pupils aged 5-7 years should be able to:

- Enjoy their food
- Understand that food is a basic requirement of life and that a variety of food is needed to grow, be active and maintain health
- Recognise the 5 food groups from the Balance of Good Health model and convey basic healthy eating messages, e.g. we are all encouraged to eat more from some groups than others
- Understand that eating at least 5 portions of fruit and vegetables every day contributes to a healthy diet.

B. Socio-economic Aspects

Pupils aged 5-7 years should be able to:

- Talk about which foods they, and others, eat and like (dislike), with reasons
- Understand that we eat different food depending on time of day, occasion and lifestyle
- Understand that people around the world choose food according to availability, need and preference.

C. Food Production and Processing

Pupils aged 5-7 years should be able to:

- Understand that all food comes from plants and animals
- Acknowledge that food has to be actively acquired or produced
- Understand that food has to be changed in some way before eating
- Talk about and investigate how familiar ingredients are processed into food products
- Understand that food is bought from markets, shops and supermarkets - although some food may be home grown.

D. Food Preparation Skills

Pupils aged 5-7 years should be able to:

- Identify and use a range of simple hand tools
- Demonstrate a range of skills, e.g. slice, chop, wash, grate, peel, spread
- Prepare simple dishes, e.g. fruit salad, sandwich, toast, salad
- Prepare food for themselves and friends, with help
- Understand that some tools have special jobs, e.g. whisk, peeler, toaster
- Recognise a range of basic ingredients, e.g. fruit, vegetables, bread, meat, fish, milk, eggs
- Perform preference tests for tasting.

E. Food Safety and Hygiene

Pupils aged 5-7 should be able to:

- Understand that dirty food is dangerous because it contains large numbers of microbes which may cause food poisoning
- Understand that different types of foods need to be stored in different ways, e.g. cupboard, fridge, freezer
- Demonstrate safety and cleanliness in practical work, e.g. wash hands, wear an apron, tie back long hair, do not cough over food
- Recognise that some foods must be washed or cooked before eating
- Use equipment safely.

Appropriate food and nutrition understanding for pupils aged 7 to 11 years



Food and Nutrition Competences (British Nutrition Foundation)

A. Diet & Health

Pupils aged 7-11 years should be able to:

- Understand that a variety of food is needed in a healthy diet
- Identify and classify foods and composite dishes according to the 5 food groups in the Balance of Good Health model
- Understand that food provides energy and nutrients (in different amounts)
- Understand that food is needed to be active for health and maintain health/wellbeing
- Make healthy choices to improve their diet, explaining what they have changed and why
- Apply dental health and personal hygiene practices.

B. Socio-economic Aspects

Pupils aged 7-11 years should be able to:

- Understand that food can be combined in many different ways and that this may be influenced by cost, race, religion and social custom
- Acknowledge that different people choose and combine foods to make snacks and meals. The total amount and range of foods and drink consumed is called the diet
- Understand that food labels provide a range of information about food to help people make choices.

C. Food Production and Processing

Pupils aged 7-11 years should be able to:

- Investigate where food comes from, i.e. from around the UK, Europe and world-wide
- Acknowledge that throughout the world there are people who produce food by rearing animals, growing crops or by fishing and hunting
- Comprehend that nearly all food has to be processed to make it edible and safe
- Appreciate that there are different methods of processing used in domestic (e.g. making a sandwich) and commercial situations (e.g. cooking in a take-away shop and manufacturing fish fingers).

D. Food Preparation Skills

Pupils aged 7-11 years should be able to:

- Demonstrate an increasing range of practical food handling skills, e.g. kneading, creaming, grating, mixing
- Understand that there are different methods of cooking, e.g. grilling, baking, frying, roasting (i.e. heat transfer)
- Weigh and measure accurately
- Describe, with reasons, the effect of heat on taste, texture, odour and appearance
- Demonstrate a range of shaping and finishing techniques
- Prepare and cook simple dishes, e.g. boiled egg, grilled bacon, a sandwich filling, bread or biscuits making (i.e. follow a recipe/set of instructions)
- Select and use appropriate tools when preparing and cooking food
- Perform preference and discrimination sensory tests for tasting.

E. Food Safety and Hygiene

Pupils aged 7-11 should be able to:

- Understand that food can spoil and decay due to microbes, insects and other pests
- Understand that microbes need food, warmth, moisture and time to multiply
- Understand that food hygiene means preventing contamination by safe handling and storage so that food is safe to eat
- Apply good personal hygiene practices
- Use information provided on food labels to store food products safely
- Use cold storage, e.g. chill, freeze, to avoid multiplication of microbes
- Organise a clean and safe food preparation area
- List ways to ensure food hygiene while they are working