



Curriculum Overview

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Healthy Balanced Diets		Where does our food come from?		Seasonality	
DT	Cooking skills		Great British Dishes British land use. Farm to fork.			
Geography					The local area	
History	Anglo Saxons		Vikings - moving to Britain for the quality of the farm land,		Industrial revolution – development of understanding: health/disease and nutrition. Scurvy, cholera, rickets etc.	
Science	Changes in materials Reversible and irreversible changes when cooking. .		Living things and their habitats		Changes in Material (Reversible and irreversible changes in cooking)	

Curriculum aim: understand and apply the principles of nutrition and learn how to cook.

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Human and physical geography

- types of settlement and land use, economic activity including trade links, and the distribution of natural resources including food