



# Barford St. Peter's C.E. (V.A.) Primary School

Together we love; together we learn



## Cookery Skills Progression

| National Curriculum Aims |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| KS1&2                    | <p><b>Aims:</b><br/>Children should understand and apply the principles of nutrition and learn how to cook.</p> <p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>♣ Use the basic principles of a healthy and varied diet to prepare dishes</li> <li>♣ Understand where food comes from.</li> <li>♣ Understand and apply the principles of a healthy and varied diet</li> <li>♣ Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</li> <li>♣ Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</li> </ul> |

|                      | Year 1                                                                                                                                                                                                                                          | Year 2 | Year 3                                                                                                                                                                   | Year 4 | Year 5                                                                                                                                                                                                                                                                      | Year 6 |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Weighing & Measuring | <ul style="list-style-type: none"> <li>• Measure using cups</li> <li>• Use measuring spoons accurately (tsp/ tbsp)</li> <li>• With support, weigh solids using electronic scales.</li> <li>• Begin to use measuring jugs accurately.</li> </ul> |        | <ul style="list-style-type: none"> <li>• Use digital and pan balance scales to accurately weigh.</li> <li>• Use measuring jugs to measure liquids accurately.</li> </ul> |        | <ul style="list-style-type: none"> <li>• Understand how to 'tare' scales.</li> <li>• Understand how to convert between and use metric and imperial measurements.</li> <li>• Estimate before weighing.</li> <li>• Convert measurements from recipes using ratios.</li> </ul> |        |



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| <b>Mixing &amp; Combining</b>                 | <ul style="list-style-type: none"> <li>Mix together ingredients using wooden spoons.</li> </ul>                                                                                                      | <ul style="list-style-type: none"> <li>Use the rubbing in method, for example to make pastry or scones.</li> <li>Mix ingredients using the all in one method.</li> <li>Understand basic kneading.</li> </ul> | <ul style="list-style-type: none"> <li>Combine wet and dry ingredients when cooking.</li> <li>Follow recipes which involve multi-step combining.</li> <li>Understand the importance of order and following recipes when combining ingredients.</li> </ul> | <ul style="list-style-type: none"> <li>Combine raw ingredients, including meat or fish, for example to make burger or fish cakes.</li> <li>Understand how to use coating (egg/ flour/ breadcrumbs).</li> <li>Use a range of whisks, for example to make meringue or batter.</li> </ul>     |
| <b>Cooking Techniques and using equipment</b> | <ul style="list-style-type: none"> <li>Begin to use a non-sharp knife for spreading</li> <li>Spread icing or butter cream onto cakes.</li> <li>Use wooden spoons for stirring and mixing.</li> </ul> | <ul style="list-style-type: none"> <li>Use knives to spread evenly.</li> <li>Use a sieve for sifting.</li> </ul>                                                                                             | <ul style="list-style-type: none"> <li>Use a microwave with adult support.</li> <li>Competently using equipment to mash potatoes.</li> <li>Understand how to grease tins and line before baking.</li> <li>Use egg or milk glazing.</li> </ul>             | <ul style="list-style-type: none"> <li>Use a food processor safely.</li> <li>Use electric whisks</li> <li>Use other kitchen equipment, including those which give out heat as necessary, for example a toaster.</li> </ul>                                                                 |
| <b>Cutting</b>                                | <ul style="list-style-type: none"> <li>Tear softer vegetables such as peppers.</li> <li>Use non-sharp knives to cut very soft foods such as banana.</li> <li>Use cookie cutters.</li> </ul>          | <ul style="list-style-type: none"> <li>Use food safe scissors to chop e.g. herbs</li> <li>Use a small knife safely to cut softer foods, fruits or vegetables into strips or chunks.</li> </ul>               | <ul style="list-style-type: none"> <li>Understand and use the bridge cutting technique</li> <li>Begin to safely chop hard vegetables, e.g. raw carrots and potatoes.</li> <li>Use a garlic press safely</li> <li>Safely use a pizza cutter</li> </ul>     | <ul style="list-style-type: none"> <li>Confidently use a knife to chop any fruit, vegetables or cheese, using the bridge technique.</li> <li>Safely use the claw grip when chopping.</li> <li>Understand how to safely cut meat.</li> <li>Understand how to safely chop onions.</li> </ul> |
| <b>Understanding Nutrition</b>                | <ul style="list-style-type: none"> <li>Understand that some foods are high in fat and/ or sugar and should be eaten in moderation.</li> </ul>                                                        |                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>Understand and describe the main food groups and give examples of every day foods in each group.</li> </ul>                                                                                                        | <ul style="list-style-type: none"> <li>Understand the main sources of vitamins and minerals within a healthy balanced diet.</li> </ul>                                                                                                                                                     |



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|                                                              | <ul style="list-style-type: none"> <li>• Understand the importance of eating at least 5 portions of fruits and vegetables a day.</li> <li>• Know and describe the main food groups.</li> </ul>                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>• Describe the basic role of nutrients within the human body (for example calcium is necessary to healthy bones and health).</li> <li>• Understand the impact on the body of malnutrition, for example too much sugar or fat, or inadequate vitamin D.</li> </ul>                    | <ul style="list-style-type: none"> <li>• Understand the role of fibre within the digestive system and it's importance.</li> <li>• Understand the energy within foods as kcals.</li> <li>• Confidently read and understand nutritional labels on foods and analyse their suitability as part of balanced diet.</li> <li>• Understand the main functions of protein, calcium, fats, carbohydrates and vitamins within the body.</li> </ul> |                                                                                                                                                                                  |
| <b>Peeling &amp; Grating</b>                                 |                                                                                                                                                                                                                                                                                                                                                                                                 | Use a grater to grate a block of cheese.                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>• Use a grater to grate cheese or vegetables such as carrots.</li> <li>• Use a peeler to peel vegetables including potatoes, carrots</li> </ul>                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>• Use a finer side of a grater, for example for parmesan cheese.</li> <li>• Use a zester.</li> <li>• Use a garlic press safely</li> </ul> |
| <b>Using heat safely – grilling, frying, baking, boiling</b> |                                                                                                                                                                                                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• With an adult holding the pan, stir food when frying or boiling.</li> <li>• Understand that trays removed from the oven are hot and must not be touched.</li> </ul>                                                                                                                | Under close adult supervision: <ul style="list-style-type: none"> <li>• Use a frying pan independently.</li> <li>• Using oven gloves, place a baking tray in the oven.</li> <li>• Use a grill safely</li> <li>• Understand how to blind bake pastry.</li> </ul>                                                                                                                                                                          |                                                                                                                                                                                  |
| <b>Understanding Safe cooking</b>                            | <ul style="list-style-type: none"> <li>• Know that our hands contain germs and wash hands thoroughly before cooking or handling food.</li> <li>• Understand how to hold a small knife correctly, sharp side down.</li> <li>• Understand that raw eggs can be dangerous and should not be consumed.</li> <li>• Understand that aprons should be worn and hair tied back when cooking.</li> </ul> | <ul style="list-style-type: none"> <li>• Understand that hot surfaces should never be touched.</li> <li>• Understand how to handle a frying pan safely (under adult supervision)</li> <li>• Ensure that hands, equipment and work surfaces are clean before, in-between and after handling raw and cooked foods.</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding that raw meat can be dangerous if not cooked through – use a thermometer to check for safe temperature of meat.</li> <li>• Know that soil can contain bacteria and vegetables should be washed thoroughly.</li> </ul>                                                                                                                                                             |                                                                                                                                                                                  |



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|  |  |  | <ul style="list-style-type: none"><li>• Know that fish can contain bones and these should be removed before cooking.</li><li>• Be aware that hot fat can spit and burn when frying.</li><li>• Collect ingredients and equipment and check that they are safe and hygienic to use.</li><li>• Use a separate chopping board and knife for preparing raw meat.</li></ul> |
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