

Haresfield C of E Primary

Upper KS2 Cooking - Progression of Skills

Healthy Eating	<ul style="list-style-type: none">• Are able to make food choices taking in to consideration the Eatwell Plate• Understand the main food groups and the different nutrients that are important for health• Know appropriate portion sizes and the importance of not skipping meals, including breakfast
Consumer Awareness	<ul style="list-style-type: none">• Understand some of the basic processes to get food from farm to plate• Understand some of the ethical dilemmas associated with the food people choose to buy• Are able to use information on food labels to inform choice• Understand social influences on the food we choose to eat (eg media, peer pressure, ethics)
Food Safety and Hygiene	<ul style="list-style-type: none">• Are able to independently get ready to cook:<ul style="list-style-type: none">• Tie back long hair• Wash and dry hands• Wear a clean apron• Remove jewellery• Demonstrate good food safety practices when getting ready to store, prepare and cook food (eg keep raw meats away from other food)• Know, and can follow, food safety rules and understand their purpose• Can independently follow procedures for clearing up
Recipes, Ingredients Evaluation	<ul style="list-style-type: none">• Know an extensive range of ingredients and how these are grown (eg beans, pulses, tropical fruits vegetables)• Identify how they would change the recipe to improve the food they have made• Use a range of food descriptors relating to smell, flavour, texture and appearance• Compare different versions of the same dish and identify how they would change the recipe next time• Confidently read and follow instructions

Weighing and Measuring	<ul style="list-style-type: none"> • Accurately use a jug to measure liquids • Accurately use weighing scales
Cutting and Knife Skills	<ul style="list-style-type: none"> • With supervision, confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) • With supervision, confidently peel harder food using a peeler (eg apple, potato) • With supervision, dice foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs) • With supervision, finely grate hard foods (eg zesting, parmesan cheese) • With support, use a can opener and open ring-pull tins • With supervision, confidently use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot)
Mixing	<ul style="list-style-type: none"> • Sieve wet and dry ingredients with precision • Confidently crack an egg • With help begin to separate eggs • Use finger tips to rub fat into flour to make fine 'bread crumbs' (eg cheese straws) • With supervision, whisk using an electric hand mixer (eg eggs) • With supervision, cream fat and sugar together using an electric hand mixer • With supervision, use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food (eg chickpeas for hummus or vegetables for soup)
Shaping and Assembling	<ul style="list-style-type: none"> • Use hands to shape mixtures in to evenly sized pieces (eg burgers) • Use a rolling pin to roll out dough to an accurate size and thickness (eg pizza) • Use biscuit cutters accurately • Assemble, arrange and layer more advanced dishes (eg apple sponge pudding, shepherd's pie) • Spread food evenly with a coating, paste or glaze
Heating	<ul style="list-style-type: none"> • With help and supervision, begin to use the hob or electric saucepan (wok or saucepan) to cook simple dishes (eg burgers, soup) • Although pupils will not be putting in or removing food from the grill or oven, they should understand how to use the oven safely by observing adults • With supervision, handle hot food safely, using oven gloves to carefully remove cooked food with a fish slice from a baking tray on to a cooling rack

Serving and Garnishing	<ul style="list-style-type: none">•Be able to choose appropriate ingredients to garnish hot and cold dishes•With supervision, be able to use a spoon, ladle or jug to serve hot liquids (eg soup)•Cut food in to equal sized portions for the number being served (eg slicing pizza into eighths)•Understand appropriate portion sizes when serving food•Are able to plan and serve their own healthy breakfast and a simple balanced cooked meal (eg pizza and salad, soup and bread rolls)
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