

## Haresfield C of E Primary

### KS1 Cooking - Progression of Skills

<p>Healthy Eating</p>	<ul style="list-style-type: none"> <li>• Understand that we all need a balanced diet to be healthy and active and need to eat more or less of different foods</li> <li>• Are beginning to use the Eatwell Plate</li> <li>• Are able to eat sociably with others</li> <li>• Understand the importance of water and drinking water regularly</li> <li>• Understand the importance of regular meals and healthy snacks</li> <li>• Understand the types of food that can affect the health of teeth</li> </ul>
<p>Consumer Awareness</p>	<ul style="list-style-type: none"> <li>• Know that all food comes from plants or animals and can identify some foods from each group and understand how they are grown</li> <li>• Aware that some food packaging has labels giving information</li> <li>• Know some of the influences on the food we eat (eg celebrations, preferences)</li> <li>• Understand the importance of not wasting food and know how to recycle packaging</li> </ul>
<p>Food Safety and Hygiene</p>	<ul style="list-style-type: none"> <li>• Can follow basic food safety rules when preparing and cooking food</li> <li>• With supervision take part in simple clearing up tasks such as clearing and cleaning tables, collecting and disposing of rubbish, sweeping the floor</li> <li>• With supervision get ready to cook:               <ul style="list-style-type: none"> <li>• Tie back long hair</li> <li>• Wash and dry hands</li> <li>• Put on a clean apron</li> </ul> </li> <li>• Understand how everyday foods are stored differently to ensure they are safe to eat (eg. fridge or freezer)</li> </ul>
<p>Recipes, Ingredients Evaluation</p>	<ul style="list-style-type: none"> <li>• Recognise a range of familiar ingredients (eg vegetables, dairy, eggs)</li> <li>• Describe the taste of a range of ingredients Identify what they like and dislike about the food they have cooked and how to improve its taste</li> <li>• Follow simple recipe instructions, either in simple sentences or using pictures</li> </ul>

Weighing and Measuring	<ul style="list-style-type: none"> <li>•Use measuring spoons for liquids, solids and dry ingredients</li> </ul>
Cutting and Knife Skills	<ul style="list-style-type: none"> <li>•With close supervision, use the bridge hold to cut harder foods using a serrated vegetable knife (eg apple pieces)</li> <li>•With close supervision, use the claw grip to cut soft foods using a serrated vegetable knife (eg tomato)</li> <li>•With close supervision, mash cooked food (eg potatoes with a masher)</li> <li>•With close supervision, peel soft vegetables using a peeler (eg cucumber)</li> <li>•With close supervision, cut food into evenly sized largish pieces (eg potatoes)</li> <li>•With close supervision, and physical guidance if necessary, peel harder food (eg apple, potato)</li> <li>•With close supervision, use a melon baller to core an apple</li> <li>•With close supervision, grate soft food, using a grater (eg cheese)</li> <li>•Drain away liquids from packaged food using a sieve or colander (eg tuna or sweet corn)</li> <li>•Use a lemon squeezer</li> </ul>
Mixing	<ul style="list-style-type: none"> <li>•Sift flour into bowl Mix, stir and combine liquid and dry ingredients (eg muffins)</li> <li>•With help, use hands to rub fat into flour (eg rock buns)</li> <li>•With help crack an egg and beat together using a fork</li> </ul>
Shaping and Assembling	<ul style="list-style-type: none"> <li>•With supervision, use a small table knife for spreading soft spreads on to bread Use hands to shape dough in to small balls or shapes</li> <li>•With help and supervision, assemble and arrange cold ingredients (eg sandwich, fruit kebabs, bruschetta)</li> <li>•Use a rolling pin to flatten and roll out dough</li> </ul>
Heating	<ul style="list-style-type: none"> <li>•Although children will not be cooking hot food, children should understand how hot food is cooked safely by observing adults using the hob, oven, toaster and/or microwave</li> <li>•Be able to prepare food for baking and frying such as greasing baking tins and adding oil to frying pans / saucepans</li> </ul>
Serving and Garnishing	<ul style="list-style-type: none"> <li>•With guidance, use a tablespoon to serve cold food into bowls or plates</li> <li>•With guidance, pour or drizzle dressing on to salads Lightly sprinkle garnish on cold food (eg herbs, grated cheese)</li> </ul>