

## Haresfield C of E Primary

### Lower KS2 Cooking - Progression of Skills

Healthy Eating	<ul style="list-style-type: none"><li>•Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances that the body needs to be healthy and active</li><li>•Are able to use the Eatwell Plate</li><li>•Understand the value of eating sociably</li><li>•Understand the importance of keeping hydrated Begin to understand appropriate portion sizes for regular meals and healthy snacks</li><li>•Know the importance of a healthy breakfast</li><li>•Understand how to keep teeth healthy</li></ul>
Consumer Awareness	<ul style="list-style-type: none"><li>•Understand that food is caught or farmed and changed to make it safe and palatable / tasty to eat</li><li>•Understand that people have different views on how food is produced and that this influences the food they buy</li><li>•Begin to be able to read and understand food labels</li><li>•Understand that there are a variety of influences on the food we choose to eat (eg who we are with, season, cost, health, occasion)</li><li>•Know the importance of, and be able to, recycle food related waste</li></ul>
Food Safety and Hygiene	<ul style="list-style-type: none"><li>•Know and can follow basic food safety rules</li><li>•Understand how bacteria in food can cause food poisoning or food to go mouldy Know how to get ready to cook:</li><li>•Tie back long hair</li><li>•Wash and dry hands</li><li>•Put on a clean apron</li><li>•Remove jewellery</li><li>•With guidance follow procedures for clearing up such as washing and drying utensils, clearing and cleaning tables, sweeping the floor, disposing of rubbish, putting equipment away</li><li>•Understand how a variety of foods are stored differently to ensure they are safe to eat (eg fridge or freezer)</li></ul>

<b>Recipes, Ingredients Evaluation</b>	<ul style="list-style-type: none"> <li>•Recognise and name a broad range of ingredients (eg cereals, meat, fish)</li> <li>•Use simple food descriptors relating to smell, flavour, texture and appearance</li> <li>•Know where and how a variety of ingredients are grown</li> <li>•Read and follow a simple recipe</li> </ul>
<b>Weighing and Measuring</b>	<ul style="list-style-type: none"> <li>•Begin to use a jug to measure liquids</li> <li>•Begin to use digital weighing scales</li> </ul>
<b>Cutting and Knife Skills</b>	<ul style="list-style-type: none"> <li>•With supervision, begin to use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot)</li> <li>•With supervision, begin to use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion)</li> <li>•With supervision, use a masher to mash hot food to a fairly smooth texture</li> <li>•With supervision, begin to peel harder food (eg apple, potato)</li> <li>•With supervision, cut foods into evenly sized strips or cubes (eg peppers, cheese)</li> <li>•With supervision, crush garlic using a garlic press</li> <li>•With supervision, grate harder food using a grater (eg apples, carrots)</li> </ul>
<b>Mixing</b>	<ul style="list-style-type: none"> <li>•Sieve flour, raising agents and spices together in to a bowl</li> <li>•Crack an egg and beat with balloon whisk</li> <li>•Mix, stir and combine wet and dry ingredients uniformly (eg to form a dough)</li> <li>•Use hands to rub fat into flour (eg scones, apple crumble)</li> <li>•Cream fat and sugar together using a mixing spoon</li> </ul>
<b>Shaping and Assembling</b>	<ul style="list-style-type: none"> <li>•Knead and shape dough in to aesthetically pleasing products</li> <li>•Use a rolling pin to roll out dough to a specific thickness (eg scones)</li> <li>•With supervision, use biscuit cutters</li> <li>•Assemble and arrange ingredients for simple dishes (eg apple crumble, scrambled egg on toast)</li> <li>•Coat food in ingredients such as beaten egg and breadcrumbs for fish cakes</li> <li>•Independently spread ingredients accurately on to food</li> </ul>

Heating	<ul style="list-style-type: none"><li>•With help and supervision, begin to use a toaster or microwave (eg scrambled egg on toast)</li><li>•Although pupils will not be cooking food on the hob or in the oven, pupils should understand safe use by observing adults cooking on the hob and putting in and removing food from the oven</li><li>•With very close supervision, and physical guidance handle hot food safely; once adults have removed food from the hob or oven</li><li>•Use oven gloves and a fish slice to remove eg scones from the baking tray</li></ul>
Serving and Garnishing	<ul style="list-style-type: none"><li>•Begin to recognise appropriate ingredients to garnish hot and cold food</li><li>•With supervision, sprinkle garnish on hot dishes (eg grated cheese on pasta)</li> <li>•Use spoons or jugs to serve equal portions of food or drinks in to cups, plates or bowls</li><li>•Begin to understand appropriate portion sizes when serving food</li><li>•Begin to understand what types of food can be served together to make a balanced meal</li></ul>