

Highweek Progressive food curriculum

Year by year progressive knowledge and skill- based planning.



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.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes with elementary cooking skills
- understand where food comes from.

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.

Other aspects such as weighing and measuring, following or creating recipes to a brief may come under other curriculum subjects (e.g. maths, literacy, DT).

This curriculum and recipe choices are based on development of the cookery skills needed to prepare healthy meals – a vital life skill – and should prepare children for most cooking eventualities!

Development of cookery skills include:

Measuring, following a recipe, cooking with eggs, making sauces and dressings, making dough, chopping and slicing, baking, grilling, making soups and understanding and using common cooking terminology and vocabulary.

Progression of Skills accredited to The Grove School, Totnes

EYFS	Cutting skills	Food prep skills	Cooking skills	Potential recipes
<p>Equipment needed for skill development:</p> <p>Mixing spoons Table knives Forks Mixing bowls Safety vegetable knives Mashers Peelers Melon ballers Graters Sieves Colanders Lemon squeezer</p>	<p>With close supervision:</p> <ol style="list-style-type: none"> 1. Use the bridge hold to cut harder foods using a serrated vegetable knife 2. Use the claw grip to cut soft foods using a serrated vegetable knife 3. Mash cooked food 4. Peel soft vegetables using a peeler 5. Using physical guidance if necessary, peel harder food 6. Cut food into evenly sized largish pieces 7. Use a melon baller 8. Grate soft food, using a grater <p>Independently:</p> <ol style="list-style-type: none"> 9. Drain away liquids from packaged food using a sieve or colander 10. Use a lemon squeezer 	<p>With close supervision:</p> <ol style="list-style-type: none"> 11. Sift flour into bowl 12. Mix, stir and combine liquid and dry ingredients 13. With help, use hands to rub fat into flour 14. With help crack an egg and beat together using a fork 15. With physical guidance, use a small table knife for spreading soft spreads on to bread 16. Use hands to shape dough in to small balls or shapes, assemble and arrange cold ingredients 	<p>Note: Although children will not be cooking hot food, children should understand how hot food is cooked safely by:</p> <ol style="list-style-type: none"> 17. observing adults using the hob, oven, toaster and/or microwave <p>With close supervision:</p> <ol style="list-style-type: none"> 18. Be able to prepare food for baking and frying such as greasing baking tins and adding oil to frying pans / Saucepans 	<p>Breadsticks and homemade butter cheese straws Fruit kebabs and smoothies</p> <p>hard boiled eggs scrambled eggs (in microwave)</p> <p>Toast</p> <p>Bruschetta with melted cheese</p>
New vocabulary and terminology	mash peel slice chop grate drain	sift and sieve ingredients rubbing in crack beat spread	hob oven toaster microwave greasing pans	boiled scrambled toasted melted

	squeeze colander	dough knead	tin tray	
--	---------------------	----------------	-------------	--

Year 1 and 2	Cutting skills	Food prep skills	Cooking skills	Potential recipes
<p>Equipment needed for skill development:</p> <p>Mixing spoons Table knives Forks Serrated vegetable knives Mashers Peelers Melon ballers Graters Sieves Colanders Lemon squeezer</p>	<p>With close supervision:</p> <ol style="list-style-type: none"> 1. Use the bridge hold to cut harder foods using a serrated vegetable knife 2. Use the claw grip to cut soft foods using a serrated vegetable knife <p>With moderate supervision:</p> <ol style="list-style-type: none"> 3. Peel soft vegetables using a peeler 4. Using physical guidance if necessary, peel harder food 5. Cut food into evenly sized largish pieces 6. Use a melon baller 7. Grate soft food, using a grater <p>Independently:</p> <ol style="list-style-type: none"> 8. Mash cooked food 9. Drain away liquids from packaged food using a sieve or colander 10. Use a lemon squeezer 	<p>With moderate supervision:</p> <ol style="list-style-type: none"> 11. Mix, stir and combine liquid and dry ingredients 12. With help, use hands to rub fat into flour 13. With help crack an egg and beat together using a fork 14. use a small table knife for spreading soft spreads on to bread 15. Use hands to shape dough in to small balls or shapes, assemble and arrange cold ingredients <p>Independently:</p> <ol style="list-style-type: none"> 16. Sift flour into bowl 	<p>Note: Although children will not be cooking hot food, children should understand how hot food is cooked safely by:</p> <ol style="list-style-type: none"> 17. observing adults using the hob, oven, toaster and/or microwave <p>With close supervision:</p> <ol style="list-style-type: none"> 18. Be able to prepare food for baking and frying such as greasing baking tins and adding oil to frying pans / Saucepans 	<p>Savoury tartlets cakes Salad and salad dressings</p> <p>sandwiches and wraps humus and crudities porridge in the microwave</p>
<p>New vocabulary and terminology (see and challenge previous learning for knowledge and skills)</p>	<p>serrated knife paring knife masher sliced chopped halved</p>	<p>short cut pastry combine whisk turn-out roll fold</p>	<p>bake line a cake tine baking/ greaseproof paper silver foil cling film</p>	

Progression of Skills accredited to The Grove School, Totnes

		wooden spoon tablespoon teaspoon		
--	--	--	--	--

Year 3 and 4	Cutting skills	Food prep skills	Cooking skills	Potential recipes
<p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> • Balloon whisks • Garlic crushers • Mixing spoons * • Table knives • Forks • Serrated vegetable knives • Mashers • Peelers • Melon ballers • Graters • Sieves • Colanders • Lemon squeezers • Biscuit cutters • Oven gloves • Fish slices 	<p>With moderate supervision:</p> <ol style="list-style-type: none"> 1. Use the claw grip and the bridge claw grip to cut hard and soft foods using a serrated vegetable knife 2. Use a masher to mash hot food to a fairly smooth texture 3. Cut food into evenly sized strips or cubes <p>Independently:</p> <ol style="list-style-type: none"> 4. Peel harder foods using a peeler 5. Crush garlic using a garlic press 6. Grate harder food, using a grater 	<p>With moderate supervision:</p> <ol style="list-style-type: none"> 7. Mix, stir and combine wet and dry ingredients uniformly 8. Cream fat and sugar together using a mixing spoon <p>Independently:</p> <ol style="list-style-type: none"> 9. Sieve flour, raising agents and spices together in to a bowl 10. Use hands to rub fat into flour 11. Crack an egg and beat with balloon whisk 12. Use a rolling pin to flatten and roll out dough 13. use biscuit cutters 14. Coat food with egg and breadcrumbs 15. Knead and shape dough in to evenly sized shapes 16. Assemble and arrange ingredients for simple dishes 	<p>Note: Although children will not be cooking hot food, children should understand how hot food is cooked safely by:</p> <ol style="list-style-type: none"> 17. adults cooking on the hob and putting in and removing food from the oven <p>With close supervision:</p> <ol style="list-style-type: none"> 18. Confidently use a toaster or microwave 19. Handle hot food safely once adults have removed food from the hob or oven (e.g. use oven gloves and a spatula/fish slice) 	<p>Soup</p> <p>Rough puff pastry</p> <p>Biscuits using creaming method</p> <p>Fruit crumble</p> <p>Potato Croquettes</p> <p>microwave mug cake</p> <p>toast and recipe invention toppings</p>
<p>New vocabulary and terminology (see and challenge previous learning for knowledge and skills)</p>	<p>strips</p> <p>cubes</p> <p>crush</p> <p>smooth texture</p>	<p>rough puff pastry</p> <p>balloon whisk</p> <p>coat</p> <p>breaded</p> <p>measure</p> <p>weigh</p>	<p>oven gloves</p> <p>spatula</p> <p>fish slice</p> <p>timer</p> <p>temperature</p>	

Year 5 and 6	Cutting skills	Food prep skills	Cooking skills	Recipes ideas with skills
<p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> • Electric hand mixers • Food processors • Electric hand blenders • Garlic crushers • Mixing spoons • Table knives • Forks • Serrated vegetable knives • Peelers • Graters • Sieves • Colanders • Lemon squeezers • Biscuit cutters • Can openers • Ring pull tinned food • Oven gloves • Fish slices • Pasta roller • Food processor 	<p>With moderate supervision:</p> <ol style="list-style-type: none"> 1. Begin to use a can opener and open ring-pull tin 2. Dice foods and cut them into evenly sized, fine pieces <p>Independently:</p> <ol style="list-style-type: none"> 3. Finely grate hard foods 4. Confidently use both the bridge hold and claw grip to cut food using a serrated vegetable knife 5. Confidently peel harder food using a peeler 	<p>With close supervision:</p> <ol style="list-style-type: none"> 6. use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food <p>With moderate supervision:</p> <ol style="list-style-type: none"> 7. separate eggs 8. whisk using an electric hand mixer 9. use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food <p>Independently:</p> <ol style="list-style-type: none"> 10. Use finger tips to rub fat into flour to make fine 'bread crumbs' 11. Sieve wet and dry ingredients with precision 12. Confidently crack an egg 13. Use a rolling pin / pasta roller to roll out dough to a specific thickness 14. Use biscuit cutters accurately to assemble, arrange and layer more advanced dishes, 15. Spread food evenly with a coating, paste or glaze 16. Knead and shape dough in to a variety of shapes 17. Use hands to shape mixtures in to evenly sized pieces 	<p>Note: Although pupils will not be putting in or removing food from the oven, they should understand how to use the oven safely by observing adults</p> <p>With close supervision:</p> <ol style="list-style-type: none"> 18. Use the hob or electric saucepan (wok or stock pot) to cook simple dishes 19. 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 20. use a basic bain-marie bowl over hot water 	<p>sauces and dips including cheese sauce with a roux</p> <p>homemade pasta and vegetarian bolognaise 1,2,4,5,11,12,13,14,18,19</p> <p>bread with coating, paste or glaze</p> <p>Meringues</p> <p>Scones with homemade jam</p>
<p>New vocabulary and terminology (see and challenge previous learning for knowledge and skills)</p>	<p>dice fine</p>	<p>coating, glaze, paste roux food processing – blitz, pulse separate assemble and arrange presentation rise (yeast) blend</p>	<p>fry</p>	

		puree		
--	--	-------	--	--