

CURRICULUM PROGRESSION MAP
SUBJECT – COOKING AND FOOD NUTRITION

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Knife/cutting skills	I can: <ul style="list-style-type: none"> I cut soft foods eg strawberries, banana spreading Hand peeling eg banana, satsuma Use pastry cutters 	I can: <ul style="list-style-type: none"> Introduce bridge knife technique for soft foods 	I can: <ul style="list-style-type: none"> Use bridge knife for hard and soft foods Use pastry cutters 	I can: <ul style="list-style-type: none"> Confidently use the bridge knife technique Introduce claw knife technique for soft food eg cucumber 	I can: <ul style="list-style-type: none"> Use bridge and claw knife technique for soft and hard foods Grate soft food eg cheese Peel soft vegetables eg courgette 	I can: <ul style="list-style-type: none"> Use bridge and claw knife technique for soft and hard foods Grate soft and hard food eg carrot Peeling hard vegetables eg carrot and potato 	I can: <ul style="list-style-type: none"> Use bridge and claw knife technique for soft and hard foods Fine grating eg parmesan cheese Confident peeling of a range of food Dice and cut food to evenly sized pieces
Weighing and measuring	I can: <ul style="list-style-type: none"> Use measuring spoons and cups Use balance scales 	I can: <ul style="list-style-type: none"> Use measuring spoons and cups 	I can: <ul style="list-style-type: none"> Use measuring spoons, jugs and cups Introduce kitchen scales 	I can: <ul style="list-style-type: none"> Use kitchen scales to weigh ingredients and jugs to measure liquids 	I can: <ul style="list-style-type: none"> Accurately read kitchen scales and jugs to measure liquids 	I can: <ul style="list-style-type: none"> Accurately read kitchen and digital scales and jugs to measure liquids 	I can: <ul style="list-style-type: none"> Accurately read kitchen and digital scales and jugs to measure liquids
Baking	I can: <ul style="list-style-type: none"> Combine small amounts of cold ingredients in a bowl Sieve flour Cut out rolled pastry 	I can: <ul style="list-style-type: none"> Introduce cracking an egg Beat an egg Mixing to form a pizza dough Kneading and shaping Roll pastry 	I can: <ul style="list-style-type: none"> Rub fat into flour Sieve flour Combine ingredients to make a dough Roll out dough Mix to form bread dough Kneading 	I can: <ul style="list-style-type: none"> Cream fat into flour Fold flour into creamed mixture Scrape out bowl with spatula Divide mixture into tins Shaping into appropriate size and shape glazing 	I can: <ul style="list-style-type: none"> divide mixture evenly use all mixture when scraping a bowl combine a range of ingredients successfully, choosing appropriate utensil 	I can: <ul style="list-style-type: none"> Separate an egg Cream fat and sugar 	I can: <ul style="list-style-type: none"> Confidently and independently use a range of baking techniques
Utensils	I can: <ul style="list-style-type: none"> Snipping herbs Pour liquids Using hands to shape dough 	I can: <ul style="list-style-type: none"> Sprinkle ingredients Arrange ingredients Beat Blend 	I can: <ul style="list-style-type: none"> Whisk Mix Use a toaster 	I can: <ul style="list-style-type: none"> Garnish and decorate Scoop Arrange ingredients on a skewer 	I can: <ul style="list-style-type: none"> Use a lemon squeezer Use a microwave Understand the range of different pans to use on a hob eg saucepan, frying pan, wok, griddle 	I can: <ul style="list-style-type: none"> Season to taste Use the hob with supervision 	I can: <ul style="list-style-type: none"> Experiment with seasoning to taste Crush garlic Garnish, arrange and decorate to a consistent standard Understand and use the hob
Food safety and hygiene	I can: <ul style="list-style-type: none"> Wash my hands and general hand hygiene Understand danger of knives and hot equipment Tie hair back 	I can: <ul style="list-style-type: none"> Prepare food safely eg washing vegetables Clear away effectively Use the Eatwell plate to consider healthy food choices 	I can: <ul style="list-style-type: none"> Store food safely eg in a fridge Prepare food for cooking eg grease baking tins 	I can: <ul style="list-style-type: none"> Understand appropriate portion sizes Wash and dry up independently 	I can: <ul style="list-style-type: none"> Understand good food safety and hygiene is vital when cooking to avoid accidents and risk of food poisoning Understand that food can spoil and decay due to the action of microbes, insects and other pests 	I can: <ul style="list-style-type: none"> Understand food labels and nutrition Understand some food allergens and intolerances and make some suggestions for alternatives 	I can: <ul style="list-style-type: none"> Demonstrate good food safety practices Be safe and hygienic in a kitchen and in areas of food preparation Use food labels to inform healthy choices
Vocabulary	Cut, peel, spread, sieve, snip, pour, shape, hygiene, measure ingredients, recipe, washing	.Bridge knife technique, Crack, beat, mix, knead, roll, sprinkle, arrange, blend, healthy	Weigh, scales, rub, combine, whisk, grease, store	Claw knife technique, cream, fold, scrape, spatula, glaze, garnish, decorate, scoop, skewer, portion	Grate, utensil, squeeze, hob, saucepan, frying pan, wok, griddle, food poisoning, microbes spoil, decay	Separate, season, nutrition, food labels, allergen, intolerance, alternative, packaging	Dice, experiment, crush, consistent,