

## Cooking Skill Progression Map

Term	Topic:	EYFS -Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn Term	Cutting and Knife Skills  DT Cooking Lessons	Use tools, including plastic knives, with playdough  Cut and arrange soft fruit to make fruit kababs	Use a small table knife for spreading soft spreads on to bread.  <b>Make Tasty Toast with Fruit:</b> <a href="https://www.foodafactoflife.org.uk/recipes/3-5-years/tasty-toast/">https://www.foodafactoflife.org.uk/recipes/3-5-years/tasty-toast/</a>	Bridge knife technique – Soft foods (e.g. strawberries).  <b>Make Basic Fruit Smoothies:</b> <a href="http://allrecipes.co.uk/recipe/944/basic-fruit-smoothie.aspx">http://allrecipes.co.uk/recipe/944/basic-fruit-smoothie.aspx</a>	Bridge knife technique – Harder food (e.g. carrots).  Peeling soft vegetables (e.g. courgettes).  <b>Make a Sensational Fruit Seasonal Salad:</b> <a href="https://www.bbcgoodfood.com/recipes/fruit-salad">https://www.bbcgoodfood.com/recipes/fruit-salad</a>	Claw knife technique – Soft food (e.g. cucumber).  Grating soft foods (e.g. cheese).  <b>Make a Quick Healthy Pizza:</b> <a href="https://www.foodafactoflife.org.uk/recipes/meat/50-min-lessons/quick-pizza/">https://www.foodafactoflife.org.uk/recipes/meat/50-min-lessons/quick-pizza/</a>	Claw knife technique – Hard food (e.g. apples).  Grating hard foods (e.g. carrots).  <b>Make Rainbow Salad Wraps:</b> <a href="https://www.jamieoliver.com/recipes/vegetables-recipes/rainbow-salad-wrap/">https://www.jamieoliver.com/recipes/vegetables-recipes/rainbow-salad-wrap/</a>	Fine chopping of herbs.  Peeling (e.g. carrot).  Finer grating (e.g. Parmesan cheese, nutmeg).  <b>Make Dosa Pancakes with Masala Dal:</b> <a href="#">Waitrose Cooking School Recipe</a>
Spring Term	Shaping, Assembling and Heating  DT Cooking Lessons	Mix ingredients for ginger biscuits Look at changes when food is cooked / boiled sweets put in oven	Be able to prepare food for baking and frying such as adding oil to frying pans/saucepans.  <b>Make Mini Pancakes:</b> <a href="https://www.foodafactoflife.org.uk/recipes/11-14-12c/sweet-mini-pancakes/">https://www.foodafactoflife.org.uk/recipes/11-14-12c/sweet-mini-pancakes/</a>	Be able to prepare food for baking and frying such as greasing baking tins.  Sift flour into bowl. With help, use hands to rub fat into flour.  <b>Make Easy Fruit Hot Cross Buns:</b> <a href="https://www.bbcgoodfood.com/recipes/easy-hot-cross-buns">https://www.bbcgoodfood.com/recipes/easy-hot-cross-buns</a>	Combine using a sieve, flour, raising agents and spices together in to a bowl.  Mix, stir and combine wet and dry ingredients uniformly (e.g. to form a dough).  <b>Make Scrummy Scones:</b> <a href="https://www.foodafactoflife.org.uk/recipes/3-5-years/scrummy-scones/">https://www.foodafactoflife.org.uk/recipes/3-5-years/scrummy-scones/</a>	Coat food with ingredients such as beaten egg and breadcrumbs.  Independently spread ingredients accurately onto foods.  <b>Make Fantastic Fish Cakes:</b> <a href="https://www.foodafactoflife.org.uk/recipes/3-5-years/fantastic-fish-cakes/">https://www.foodafactoflife.org.uk/recipes/3-5-years/fantastic-fish-cakes/</a>	With help and supervision, begin to use the hob or electric saucepan (wok or stock pot) to cook simple dishes.  <b>Make Mexican Food:</b> <a href="#">School Recipe</a>	Use hands to shape mixtures in to evenly sized pieces.  Handle hot food safely using oven gloves.  <b>Make a dish using 5 war time ingredients</b> <a href="#">School Recipe</a>

## Cooking Skill Progression Map

<b>Summer Term</b>	<b>Mixing, Combining, Serving and Garnishing</b>  <b>Y1 and Y2 DT Cooking Lessons</b>	<p>Mix and combine ingredients for making vegetarian sushi</p>	<p>With guidance, pour or drizzle dressing on to salads.</p> <p>Lightly sprinkle garnish on cold food.</p> <p><b>Make Stuffed Jacket Potatoes:</b>  <a href="https://www.foodafactoflife.org.uk/recipes/potatoes/stuffed-jacket-potato/">https://www.foodafactoflife.org.uk/recipes/potatoes/stuffed-jacket-potato/</a></p>	<p>With supervision, be able to use a spoon, ladle or jug to serve hot liquids (e.g. soup).</p> <p><b>Make vegetable Soup:</b>  <a href="https://www.foodafactoflife.org.uk/recipes/3-5-years/great-green-soup/">https://www.foodafactoflife.org.uk/recipes/3-5-years/great-green-soup/</a></p>	<p>With help and supervision, use spoons or jugs to serve equal portions of food or drinks in to cups, plates or bowls.</p> <p><b>Make Perfect Porridge:</b>  <a href="https://www.bbcgoodfood.com/recipes/perfect-porridge">https://www.bbcgoodfood.com/recipes/perfect-porridge</a></p>	<p>With supervision, sprinkle garnish on hot dishes.</p> <p><b>Make Pleasing Pasta:</b>  <a href="https://www.foodafactoflife.org.uk/recipes/3-5-years/pleasing-pasta/">https://www.foodafactoflife.org.uk/recipes/3-5-years/pleasing-pasta/</a></p>	<p>Sieve wet and dry ingredients with precision.</p> <p>Crack an egg and beat with balloon whisk.</p> <p><b>Make Yorkshire Puddings:</b>  <a href="https://www.bbcgoodfood.com/recipes/best-yorkshire-puddings">https://www.bbcgoodfood.com/recipes/best-yorkshire-puddings</a></p>	<p>With help, begin to separate eggs.</p> <p>With supervision, whisk using an electric hand mixer (e.g. eggs).</p> <p><b>Make Egg White Muffins:</b>  <a href="https://www.justataste.com/freezer-friendly-egg-white-muffins-recipe/">https://www.justataste.com/freezer-friendly-egg-white-muffins-recipe/</a></p>
--------------------	---	--	---	---	---	--	---	---