

Cooking and Nutrition Progression – KS1

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from



	Reception	Year 1	Year 2
Knife Skills	<ul style="list-style-type: none"> - I can use the bridge knife technique to cut soft foods e.g. strawberries and cherry tomatoes 	<ul style="list-style-type: none"> - I can use claw knife technique to cut soft foods e.g. cucumber - I can snip herbs in a jug using scissors 	<ul style="list-style-type: none"> - I can use bridge knife technique to cut harder foods e.g. apple - I can hedgehog a mango cheek with a round-bladed knife - I can grate soft foods e.g. courgette/cheese
Weighing and Measuring	<ul style="list-style-type: none"> - I can use measuring spoons and cups - I can use balance scales 		<ul style="list-style-type: none"> - I can use a jug to measure liquids
Baking Skills	<ul style="list-style-type: none"> - I can use a sieve e.g. flour - I can knead - I can shape e.g. bread rolls - I can handle and fold filo pastry - I can cut out rolled pastry - I can use a brush to glaze e.g. milk, egg, oil 	<ul style="list-style-type: none"> - I can make an all-in-one cake mix - I can scrape out a bowl using a spatula - I can divide a mixture into tins 	<ul style="list-style-type: none"> - I can cut fat into flour - I can crack an egg - I can beat an egg - I can rub fat into flour - I can mix to form a bread dough - I can handle and roll puff pastry
Other Skills	<ul style="list-style-type: none"> - I can use my hands to tear ingredients e.g. herbs - I can crumble cheese e.g. feta - I can arrange ingredients/toppings - I can use the back of a spoon to spread e.g. tomato puree - I can use a spoon to scoop - I can use a lemon squeezer - I can beat ingredients together e.g. salad dressing - I can garnish and decorate 	<ul style="list-style-type: none"> - I can mash e.g. potato 	<ul style="list-style-type: none"> - I can use a knife to spread e.g. butter - I can crush garlic - I can shape e.g. fishcakes/burgers

Cooking and Nutrition Progression – KS2

Pupils should be taught to:

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



	Year 3	Year 4	Year 5	Year 6
Knife Skills	<ul style="list-style-type: none"> - I can use the claw knife technique on harder foods e.g. carrots - I can peel soft vegetables e.g. courgettes 	<ul style="list-style-type: none"> - I can grate harder foods e.g. carrot/apple 	<ul style="list-style-type: none"> - I can use a simple combination of bridge and claw e.g. onion - I can core an apple - I can fine grate e.g. parmesan cheese/nutmeg 	<ul style="list-style-type: none"> - I can chop herbs finely - I can peel a carrot
Weighing and Measuring	<ul style="list-style-type: none"> - I can use digital and/or spring balanced scales 			
Baking Skills	<ul style="list-style-type: none"> - I can add liquid to flour 	<ul style="list-style-type: none"> - I can separate an egg - I can cream fat and sugar - I can fold flour into a creamed mixture - I can handle and roll shortcrust pastry 		
Other Skills	<ul style="list-style-type: none"> - I can coat e.g. with egg and breadcrumbs - I can shell a hard-boiled egg - I can drain through a sieve or a colander 	<ul style="list-style-type: none"> - I can add seasoning to improve taste 	<ul style="list-style-type: none"> - I can use a hob (only with adult supervision) e.g. to sweat vegetables for soup - I can use a whisk e.g. to whisk egg whites or cream 	

Suggested Recipes – both Key Stages

A menu of suggested recipes that cover the progression for each year group.



	Breakfast	Soup	Baked	Salad/Veg		Main		Pudding
Reception	Open top banana sandwich (Recipe 1)	Broccoli and basil soup (Recipe 2)	Leak and mushroom croustades (Recipe 3)	New potato salad with chives and mint (Recipe 4)	Secret garden salad (Recipe 5)	Cheesy speedy courgettes (Recipe 6)	Chilli bean potatoes (Recipe 7)	Caribbean fruit salad (Recipe 8)
Year 1	Mini breakfast frittatas (Recipe 9)	Pea and mint soup (Recipe 10)	Mini pitta pockets (Recipe 11)	Pasta salad with roasted vegetables (Recipe 12)	Jumping bean couscous salad (Recipe 13)	Summer vegetable coca (Recipe 14)	Glamorgan sausages (Recipe 15)	Berried treasure (Recipe 16)
Year 2								
Year 3	Fruit and muesli breakfast pots (Recipe 17)	Leak and potato soup (Recipe 18)	Butternut and thyme scones (Recipe 19)	Ratatouille (Recipe 20)	Spicy chicken pot (Recipe 21)	Fantastic fish pie (Recipe 22)	Brilliant American burgers (Recipe 23)	Chocolate courgette cake (Recipe 24)
Year 4								
Year 5	Berry breakfast pancakes (Recipe 25)	Carrot and coriander soup (Recipe 26)	Tomato and basil bread (Recipe 27)	Spicy potato wedges (Recipe 28)	Beetroot, onion and apple chutney (Recipe 29)	Smoked paprika sausage pot (Recipe 30)	Tuna and broccoli past bake (Recipe 31)	Scots berry basket (Recipe 32)
Year 6								