

### Cooking and nutrition skills summary - Early Years / Foundation Stage

**The skills pupils will learn broadly cover:**

- Weighing and measuring: measure using spoons
- Food preparation: with close supervision use the bridge hold to cut soft foods Using a table knife (eg strawberries)
- Mixing and combining: mix, stir and combine small amounts of cold ingredients in bowl, eg fruit salad
- Shaping and assembling: use hands to shape dough in to simple shapes (eg salt dough)
- Heating: preparing food for baking with help (eg greasing a baking tray)
- Serving and garnishing: with guidance spoon cold food on to a plate
- Healthy eating: be aware that we need to eat more of some foods and less of others
- Consumer awareness: know that food can be grown or bought for the shops
- Food safety and hygiene: with help take part in simple clearing up tasks (eg clearing and cleaning tables)
- Recipes and ingredients: identify foods that they like and dislike

### Cooking and nutrition skills summary - Key Stage 1

**The skills pupils will learn broadly cover:**

- Weighing and measuring: use measuring spoons for liquids, solids and dry ingredients
- Food preparation: with supervision use a serrated knife to cut soft foods eg tomato
- Mixing and combining: with help crack and egg and beat with a fork
- Shaping and assembling: use hands to shape dough in to small ball or shapes
- Heating: prepare food for baking and frying eg adding oil to saucepans
- Serving and garnishing: lightly sprinkle garnish on cold food (eg herbs, grated cheese)
- Healthy eating: are beginning to use the eatwell guide
- Consumer awareness: know some of the influences on the food we eat 9eg celebrations, preferences)
- Food safety and hygiene: can follow simple safety rules when preparing and cooking food
- Recipes and ingredients: follow simple recipe instructions eg either in simple sentences or using pictures

### Cooking and nutrition skills summary - Lower Key Stage 2

**The skills pupils will learn broadly cover:**

- Weighing and measuring: begin to use digital scales
- Food preparation: begin to use the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onions)
- Mixing and combining: mix, stir and combine wet and dry ingredients uniformly (eg to form a dough)
- Shaping and assembling: knead and shaping dough into aesthetically pleasing products – eg bread rolls
- Heating: with supervision begin to use a toaster and microwave
- Serving and garnishing: begin to understand appropriate portion sizes
- Healthy eating: 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
- Consumer awareness: understand that food is caught and farmed and changed to make it safe and palatable/ tasty to eat
- Food safety and hygiene: understand how bacteria in food can cause food poisoning or food to go mouldy
- Recipes and ingredients: recognise and name a broad range of ingredients