


|  Year group: | Cooking Skills Covered |
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| EYFS | <p>Knife skills: Bridge knife technique – soft foods eg strawberry, cherry tomato</p> <p>Weighing and measuring: Using measuring spoons and cups, using balancing scales.</p> <p>Baking skills: sieving flour, kneading, shaping, cutting and folding pastry.</p> <p>Other: Tearing herbs, crumbling cheese, arranging ingredients, spreading using a spoon and knife, scooping and mixing ingredients.</p> |
| Y1 | <p>Knife skills: Claw knife technique – soft foods eg cucumber, snipping herbs with scissors.</p> <p>Weighing and measuring: <u>Securing EYFS skills.</u></p> <p>Baking skills: cake mixing, scraping bowls using a spatula, dividing mixtures.</p> <p>Other: mashing, using a lemon squeezer and beating ingredients together.</p> |
| Y2 | <p>Knife skills: Bridge knife technique – harder foods eg apple, hedgehog cutting mangoes or avocados, grating foods.</p> <p>Weighing and measuring: using a jug to measure liquids.</p> <p>Baking skills: cracking, separating and beating eggs. Cutting and rubbing fat into flour. Forming bread dough and rolling pastry.</p> <p>Other: spreading with a knife, crushing garlic and shaping fishcakes.</p> |
| Y3 | <p>Knife skills: Claw knife technique – harder foods eg carrot, Peeling soft vegetables eg courgette.</p> <p>Weighing and measuring: Using digital scales.</p> <p>Baking skills: Adding liquid to flour.</p> <p>Other: Coating egg with egg and breadcrumbs, shelling a hard boiled egg and draining through a sieve and/or colander.</p> |
| Y4 | <p>Knife skills: All of the above.</p> <p>Weighing and measuring: All of the above.</p> <p>Baking skills: separating an egg, Creaming fat and sugar, Folding flour into creamed mixture</p> <p>Other: All of the above.</p> |
| Y5 | <p>Knife skills: All of the above.</p> <p>Weighing and measuring: All of the above.</p> <p>Baking skills: All of the above.</p> <p>Other: 3 Using the hob (only with adult supervision) eg to sweat vegetables for soup and Whisking egg whites or cream</p> |
| Y6 | <p>Knife skills: fine chopping of herbs and peeling of carrots.</p> <p>Weighing and measuring: All of the above.</p> <p>Baking skills: All of the above.</p> <p>Other: Using the hob (only with adult supervision) eg to sweat vegetables for soup and Whisking egg whites or cream.</p> |

*Expectations monitored by lead but year groups not limited to, per academic year. Revision of skills previously taught should also be demonstrated.