

Cooking Curriculum Map

3 cooking sessions per year

	Healthy Eating	Consumer Awareness	Food Safety and Hygiene	Recipes and Ingredients	Weighing and Measuring	Cutting and Knife skills	Mixing	Shaping and Assembling	Heating	Serving and Garnishing
EYFS (Nursery and Reception)	<ul style="list-style-type: none"> -Recognise we all need to eat to grow and be healthy -aware we need to eat more of some foods and less of others -able to eat sociably with others -recognise the importance of drinking water 	<ul style="list-style-type: none"> -Know which animals or plants some foods come from -know food can be grown or bought from shops -know some special foods are eaten on special occasions. 	<ul style="list-style-type: none"> -Understand food that has been dropped on the floor, touched with dirty hand or has turned mouldy should not be eaten and can make people ill -understand some foods need to be washed before eaten • Tie back long hair • Put on a clean apron • Wash and dry hands -clearing and cleaning tables. 	<ul style="list-style-type: none"> -Recognise familiar ingredients -describe the taste of some familiar ingredients, -identify foods that they like and dislike -understand purpose of a recipe. 	<ul style="list-style-type: none"> -Count the quantity of food needed using whole numbers (e.g. 6 grapes, 2 carrots) 	<ul style="list-style-type: none"> -Use the bridge hold to cut soft foods using a serrated vegetable knife -crush or mash cold food in a bowl -peel fruit using hands -tear food to divide -begin to drain away liquids from packaged food (sieve or colander). 	<ul style="list-style-type: none"> -Sift flour into a bowl -mix, stir and combine a small amount of cold ingredients in bowl 	<ul style="list-style-type: none"> -Use hands to shape dough in to simple shapes -use biscuit cutters to cut shapes -put together cold ingredients 	<ul style="list-style-type: none"> -Children should understand how hot food is cooked safely by observing adults using the hob, oven, toaster and / or microwave -be able to prepare food for baking with help, such as greasing a baking tray, putting cake cases into a bun tray. 	<ul style="list-style-type: none"> -Spoon cold food on to a plate -sprinkle, garnish on cold food.
KS1 (Years 1 and 2)	<ul style="list-style-type: none"> -Understand we need a balanced diet to be healthy and active and need to eat more or less of different foods -Begin to use the eatwell plate. -Understand Importance of regular meals and healthy snacks 	<ul style="list-style-type: none"> -Know that all food comes from plants or animals and can identify some foods from each group -Aware that some food packaging has labels giving information -Know the influences on the food we eat -Understand the importance of not wasting food and know how to recycle 	<ul style="list-style-type: none"> -Follow basic food safety rules when preparing and cooking food -clearing and cleaning tables, collecting and disposing of rubbish, sweeping the floor 	<ul style="list-style-type: none"> -Recognise a range of familiar ingredients -Describe taste of a range of ingredients -Identify likes and dislikes about the food they have cooked and how to improve taste -Follow simple recipe instructions 	<ul style="list-style-type: none"> -Use measuring spoons for liquids, solids and dry ingredients 	<ul style="list-style-type: none"> -Use bridge hold to cut harder foods using a serrated vegetable knife -use claw grip to cut soft foods using a serrated vegetable knife -mash cooked food -peel soft veg using a peeler -cut food into evenly sized largish pieces -peel harder food -use a melon baller -grate soft food, using a grater -drain away liquids from packaged food (sieve or colander) -use a lemon squeezer 	<ul style="list-style-type: none"> -Sift flour into bowl -Mix, stir and combine liquid and dry ingredients -With help, use hands to rub fat into flour -With help crack an egg and beat together using a fork. 	<ul style="list-style-type: none"> -Use a small table knife for spreading soft spreads onto bread -Use hands to shape dough in to small balls or shapes -assemble and arrange cold ingredients (eg sandwich, fruit kebabs, bruschetta) 	<ul style="list-style-type: none"> -Be able to prepare food for baking and frying such as greasing baking tins and adding oil to frying pans / saucepans 	<ul style="list-style-type: none"> -Use a tablespoon to serve cold food into bowls or plates -pour or drizzle dressing on to salads -lightly sprinkle garnish on cold food

Cooking Curriculum Map

3 cooking sessions per year

<p>Lower KS2 (Years 3 and 4)</p>	<ul style="list-style-type: none"> -Understand what makes a healthy and balanced diet, -that different foods and drinks provide different substances the body needs to be healthy and active -Begin to understand appropriate portion sizes for regular meals and healthy snacks. 	<ul style="list-style-type: none"> -Understand that food is caught or farmed and changed to make it safe and palatable / tasty to eat -understand different views on how food is produced and that this influences the food they buy -read and understand food labels -understand the variety of influences on the food we choose to eat -recycle food related waste 	<ul style="list-style-type: none"> -Know and follow basic food safety rules -Understand bacteria in food can cause food poisoning or food to go mouldy -Know how to get ready to cook: -follow procedures for clearing up such as washing and drying utensils, clearing and cleaning tables, sweeping the floor, disposing of rubbish, putting equipment away -understand how a variety of foods are stored differently to ensure they are safe to eat. 	<ul style="list-style-type: none"> -Recognise and name a broad range of ingredients -use simple food descriptors relating to flavour, texture and appearance -identify what they would do differently next time to improve what they have made -Read and follow a simple recipe 	<ul style="list-style-type: none"> -Use a jug to measure liquids -Use weighing scales 	<ul style="list-style-type: none"> -use the claw grip to cut harder foods using a serrated vegetable knife - cut the same food using a serrated vegetable knife -use a masher to mash hot food to a fairly smooth texture -begin to peel harder food (-cut foods into evenly sized strips or cubes -crush garlic using a garlic press -grate harder food using a grater 	<ul style="list-style-type: none"> -Sieve flour, raising agents and spices together into a bowl -Mix, stir and combine wet and dry ingredients uniformly -Crack an egg and beat with balloon whisk -Use hands to rub fat into flour -Cream fat and sugar together using a mixing spoon 	<ul style="list-style-type: none"> -Knead and shape dough in to evenly sized shapes -use a rolling pin to flatten and roll out dough -use biscuit cutters -assemble and arrange ingredients for simple dishes -coat food with egg and breadcrumbs 	<ul style="list-style-type: none"> -use a toaster or microwave -handle hot food safely; once adults have removed food from the hob or oven use oven gloves and a fish slice to remove scones from the baking tray 	<ul style="list-style-type: none"> -use ingredients to garnish hot and cold food -sprinkle garnish on hot dishes -use spoons or jugs to serve equal portions of food or drinks -assemble and arrange ingredients for simple dishes -begin to understand appropriate portion sizes when serving food -begin to understand what types of food can be served together to make a balanced meal.
<p>Upper KS2 (Years 5 and 6)</p>	<ul style="list-style-type: none"> -Make food choices using the eatwell plate -understand the main food groups and different nutrients that are important for health -know appropriate portion sizes and the importance of not skipping meals, including breakfast. 	<ul style="list-style-type: none"> -Understand the basic processes to get food from farm to plate -Understand some of the ethical dilemmas associated with the food people choose to buy -Use information on food labels to inform choice -Understand social influences on the food we choose to eat. 	<ul style="list-style-type: none"> Are able to independently get ready to cook: • Tie back long hair • Wear a clean apron • Remove nail varnish and jewellery • Wash and dry hands -demonstrate food safety practices when getting ready to store, prepare and cook food -follow food safety rules and understand their purpose - independently follow procedures for clearing up. 	<ul style="list-style-type: none"> -Identify changes to improve the food they have made -Use a range of food descriptors relating to flavour, texture and appearance -compare different versions of the same dish and identify how they would change the recipe next time -confidently read and follow a recipe. 	<ul style="list-style-type: none"> -Accurately use a jug to measure liquids -Accurately use weighing scales 	<ul style="list-style-type: none"> -Use the claw grip to cut harder foods using a serrated vegetable knife -use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife -peel harder food using a peeler -dice foods and cut them into evenly sized, fine pieces -finely grate hard foods -use a can opener and open ring-pull tins 	<ul style="list-style-type: none"> -Sieve wet and dry ingredients with precision -confidently crack an egg -separate eggs -use finger tips to rub fat into flour to make fine 'bread crumbs' -whisk using an electric hand mixer -cream fat and sugar together using an electric hand mixer -use a food processor or electric hand blender to mash, blend or puree hard ingred. or hot food 	<ul style="list-style-type: none"> -Knead and shape dough in to a variety of shapes -use hands to shape mixtures in to evenly sized pieces -use a rolling pin to roll out dough to a specific thickness -use biscuit cutters accurately -assemble, arrange, layer more advanced dishes -spread food evenly with a coating, paste or glaze 	<ul style="list-style-type: none"> -Use the hob or electric saucepan to cook simple dishes -handle hot food safely, using oven gloves to carefully remove cooked food with a fish slice from a baking tray onto a cooling rack. 	<ul style="list-style-type: none"> -Choose ingredients to garnish hot and cold dishes -use a spoon, ladle or jug to serve hot liquids -cut food in to equal sized portions for the number being served -understand portion sizes when serving food -plan and serve own breakfast and a simple balanced cooked meal.