Food Technology at Cambo First School

Specific to cooking with Carol and Mrs C
4x1.5hour sessions per year group each year on top of any food technology delivered via staff within the classroom e.g. Year 1 dips and dippers, Y3/4 Bread

Practical foods skills progression chart (for pupils aged 3-11 years)






Remember:
Children's hands are smaller than adults. Use smaller sized equipment, e.g. knives and kitchen scissors. Use smaller ingredients to help children master techniques and gain confidence, e.g. small sized apples, peppers, or use softer ingredients.

Practical foods skills progression chart for pupils aged 3-11 years				
Food skills	**Age 3-5**	**Age 5-7**	**Age 7-9**	**Age 9-11**
	Pull - hull fruit, pick grapes from vine			
	Crush - soft fruit with a potato masher or fork, e.g. raspberries as a topping for yogurt or for a fruit drink	**Juice** - using a juicer to extract juice, e.g. orange	**Press** - using a garlic press	
	Peel - by hand, e.g. satsuma, banana	**Peel** - with a swivel peeler with adult support	**Peel** - with a swivel peeler with supervision	**Peel** - with a swivel peel to create food ribbons to be used in a dish, e.g. courgette/carrot ribbons with supervision
		Spread - soft ingredients, e.g. hummus	**Spread** - ingredients evenly over another food	
	Shape - foods by hand and with a rolling pin	**Shape** - with accuracy for a desired effect, e.g. basic bread roll - use a rolling pin	**Shape and mould** - to create visually appealing products e.g. mini cottage loaf or plait, wrap	

Food skills	Age 3-5	Age 5-7	Age 7-9
	Mix/stir - to loosely combine ingredients - mash ingredients together using a fork	**Mix/stir** - with increasing thoroughness to combine ingredients - whisk foods using a fork - rub in fat to flour - knead dough	**Mix/stir** - any ingredients thoroughly - whisk foods using a hand-whisk
	Spoon - ingredients between containers	**Spoon** - ingredients into different containers with increasing accuracy and minimal spillage	**Spoon** - be able to use two spoons to transfer ingredients into different size/shape containers with minimal spillage, e.g. liquid foods into baking cases (muffin mixture)
	Measure - using a spoon, e.g. dried herbs, dried fruit - count ingredients	**Measure** - using different size measuring spoons, e.g. liquids - refer to ingredients in simple fractions, e.g. half, quarter	**Measure** - using a measuring jug with support to obtain accuracy - using digital scales with support to obtain accuracy
	Cut out - ingredients with a cutter, e.g. dough for scones	**Cut out** - ingredients neatly with a cutter - use a table knife to cut dough in equal portions, e.g. cheese straws	**Cut out** - placing the cutter in positions to make good of the material available and avoid waste
		Grate - soft foods, e.g. cheese, cucumber	**Grate** - firmer foods, e.g. carrots, apples
	Tear - fresh herbs	**Snip** - fresh herbs, spring onions	**Snip** - with greater dexterity and control, e.g. to shred lettuce or cabbage leaves for salad
		Sift - sift flour in to a bowl	
		Tread - thread soft foods onto cocktail sticks, e.g. fruit kebab – strawberries, Satsuma segments	**Tread** - medium resistance foods onto kebab sticks, e.g. mushrooms, courgettes
	Cut - soft foods with butter knife, e.g. banana, canned peach slices	**Cut** - low resistance foods with a table knife in to equal size pieces/slices, e.g. canned pineapple slices, sticks of pepper, mushrooms - use a fork to secure foods	**Cut** - medium resistance foods with a vegetable knife, e.g. cucumber. - use a fork or the claw grip to secure foods - medium resistant or partly prepared foods using a bridge hold, e.g. cut half a tomato into a quarter, halve canned potatoes, halve large grapes

Recipe instructions	Age 3-5	Age 5-7	Age 7-9
	Follow - instructions given one at a time by an adult **Carryou**t - instructions with support	**Follow** - a simple recipe supported by an adult **Carryout** - instructions with a little support	**Follow** - a simple recipe with guidance from an adult **Carryout** - instructions independently

Equipment	Age 3-5	Age 5-7	Age 7-9
Crushing/squeezing	**Potato masher** **Fork**	**Juicer**	**Garlic press**
Peeling	**Peel by hand**	**Swivel peeler** (adult support)	**Swivel peeler** (adult supervision)
Shaping	**Rolling pin**		
Mixing	**Mixing spoons**	**Whisk**	**Blender** (adult supervision)
Measuring	**Spoons** **Cups**	**Measuring spoons** of different sizes	**Measuring jug** **Digital scales**
Cutting	**Butter knife** **Cutters**	**Table knife**	**Vegetable knife** (adult supervision)
Snipping		**Kitchen scissors** (adult supervision)	
Grating		**Grater** (adult support)	**Grater** (adult support)
Heating			**With adult support and under adult supervision use:** Toaster Hob

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Year 2	Reception	Year 1	Year 4	Year 4 Organise/prepare and make a meal for a family member
					Year 1 Dips and Dippers Salads and dips for sports day

Resources inc videos of skills/ingredients/recipes etc

https://www.foodafactoflife.org.uk/5-7-years/primary-food-projects/bring-on-breakfast-5-6-years/

https://www.foodafactoflife.org.uk/5-7-years/primary-food-projects/party-time-6-7-years/

https://www.foodafactoflife.org.uk/5-7-years/primary-food-projects/get-baking-7-8-years/

https://www.foodafactoflife.org.uk/5-7-years/primary-food-projects/lovely-lunch-8-9-years/

https://www.foodafactoflife.org.uk/5-7-years/primary-food-projects/serve-a-salad-9-10-years/

Recipes

https://www.foodafactoflife.org.uk/recipes/

Resources

Food Technology cupboard in the group room – labelled
Aprons – below the food trolley in the hall
Ingredients – School kitchen
Further utensils – school kitchen
Video resource - chef talking about their job [resources above

Career Links

Books purchased - world of work Chef/Cook
Discussion with Dawn how to become a cook
Link for Y4 - Fratelli - How to become a chef
Look for links outside of school