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|  | **Rock buns 1 hat** | **Porridge 1 hat (FFF)** | **Quick cheese pizza 2 hats  (higher level cooking skills) (FFF)** | **Mashed potatoes 2 hats** | **Cinnamon toast crunch** | **Greek salad 1 hat (FFF)** | **Tzatziki, 1 hat (FFF)** | **Caribbean red pepper** | **Fruit Kebabs, 1 hat (FFF)** | **Sweet muffins 2 hats** | **Fruit smoothies, 2 hats** | **Spring rolls 2 hats (higher** | **Roast potatoes 1 hat** | **Seasonal apple salad** |
| **Key Stage 1 cooking skills** | | | | | | | | | | | | | | |
| **Weighing and measuring** | | | | | | | | | | | | | | |
| Use measuring spoons for liquids, solids and dry ingredients | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| **Food preparation** | | | | | | | | | | | | | | |
| With close supervision, use the bridge hold to cut harder foods using a serrated vegetable knife (eg apple pieces) |  |  | √ | √ | √ |  |  | √ | √ |  |  |  |  | √ |
| With close supervision, use the claw grip to cut soft foods using a serrated vegetable knife (eg tomato) |  |  | √ |  |  | √ | √ | √ | √ | √ | √ |  |  | √ |
| With close supervision, mash cooked food (eg potatoes with a masher) |  |  |  | √ |  |  |  |  |  |  |  |  |  |  |
| With close supervision, peel soft vegetables, using a peeler (eg cucumber) |  |  |  |  |  |  | √ |  |  |  |  |  |  |  |
| With close supervision, cut food into evenly sized largish pieces (eg potatoes) |  |  |  | √ |  |  |  |  | √ |  |  |  |  | √ |
| With close supervision, and physical guidance if necessary, peel harder food (eg apple, potato) |  |  |  | √ |  |  |  |  |  |  |  |  |  | √ |
| With close supervision, use a melon baller to core an apple |  |  |  |  |  |  |  |  |  |  |  |  |  | √ |

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| **Key Stage 1 cooking skills** | | | | | | | | | | | | | | |
| **Food preparation** | | | | | | | | | | | | | | |
| With close supervision, grate soft food, using a grater (eg cheese) |  |  | √ | √ |  | √ |  |  |  |  |  |  |  |  |
| Drain away liquids from packaged food using a sieve or colander (eg tuna or sweet corn) |  |  |  |  |  |  |  | √ |  |  |  |  |  |  |
| Use a lemon squeezer |  |  |  |  |  |  | √ | √ |  |  |  |  |  | √ |
| **Mixing and combining** | | | | | | | | | | | | | | |
| Sift flour into bowl | √ |  | √ |  |  |  |  |  |  | √ |  |  |  |  |
| Mix, stir and combine liquid and dry ingredients (eg muffins) | √ |  | √ |  |  |  |  |  |  | √ |  |  |  |  |
| With help, use hands to rub fat into flour (eg rock buns) | √ |  | √ |  |  |  |  |  |  |  |  |  |  |  |
| With help, crack an egg and beat using a fork | √ |  | √ |  |  |  |  |  |  | √ |  |  |  |  |
| **Shaping and assembling** | | | | | | | | | | | | | | |
| With supervision, use a small table knife for spreading soft spreads on to bread |  |  |  |  | √ |  |  |  |  |  |  |  |  |  |
| Use hands to shape dough in to small balls or shapes | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| With help and supervision assemble and arrange cold ingredients (eg sandwich, fruit kebabs, bruschetta) |  |  |  |  | √ | √ |  | √ | √ |  |  |  |  | √ |
| Use a rolling pin to flatten and roll out dough |  |  | √ |  |  |  |  |  |  |  |  |  |  |  |

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| **Key Stage 1 cooking skills** | | | | | | | | | | | | | | |
| **Heating** | | | | | | | | | | | | | | |
| Although children will not be cooking hot food, 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 and frying such as greasing baking tins and adding oil to frying pans / saucepans | √ |  | √ |  |  |  |  |  |  | √ |  | √ | √ |  |
| **Serving and garnishing** | | | | | | | | | | | | | | |
| With guidance use a tablespoon to serve cold food into bowls or plates |  |  |  |  |  | √ | √ | √ |  |  |  |  |  | √ |
| With guidance pour or drizzle dressing on to salads |  |  |  |  |  | √ |  | √ |  |  |  |  |  | √ |
| Lightly sprinkle garnish on cold food (eg herbs, grated cheese) |  |  |  |  |  | √ | √ |  |  |  |  |  | √ | √ |

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| **Key Stage 1 cooking and nutrition skills** | | | | | | | | | | | | | | |
| **Healthy eating** | | | | | | | | | | | | | | |
| Understand that we all need a balanced diet to be healthy and active and need to eat more or less of different foods | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Are beginning to use the Eatwell Guide | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Are able to eat sociably with others | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Understand the importance of water and drinking water regularly | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Understand the importance of regular meals and healthy snacks | √ | √ | √ | √ | √ | √ |  |  | √ | √ | √ | √ | √ | √ |
| Understand the types of food that can affect the health of teeth | √ |  |  |  | √ |  | √ |  | √ | √ | √ |  |  | √ |
| **Consumer awareness** | | | | | | | | | | | | | | |
| Know that all food comes from plants or animals and can identify some foods from each group and understand how they are grown | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Aware that some food packaging has labels giving information |  | √ | √ |  |  |  |  |  | √ | √ | √ |  |  |  |
| Know some of the influences on the food we eat (eg celebrations, preferences) | √ |  | √ |  | √ | √ | √ | √ | √ | √ |  | √ | √ | √ |
| Understand the importance of not wasting food and know how to recycle packaging | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |

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| **Key Stage 1 cooking and nutrition skills** | | | | | | | | | | | | | | |
| **Food safety and hygiene** | | | | | | | | | | | | | | |
| Can follow basic food safety rules when preparing and cooking food | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| With supervision take part in simple clearing up tasks such as clearing and cleaning tables, collecting and disposing of rubbish, sweeping the floor | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| With supervision get ready to cook:   * Tie back long hair * Wash and dry hands * Put on a clean apron | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Understand how everyday foods are stored differently to ensure they are safe to eat (eg fridge or freezer) |  |  | √ | √ |  | √ | √ | √ | √ | √ | √ | √ |  | √ |
| **Recipes and ingredients** | | | | | | | | | | | | | | |
| Recognise a range of familiar ingredients (eg vegetables, dairy, eggs) | √ |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Describe the taste of a range of ingredients | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Identify what they like and dislike about the food they have cooked and how to improve its taste | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Follow simple recipe instructions, either in simple sentences or using pictures | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |