

	Knife Skills	Mixing and Moulding	Cooking
Year 6 Equipment needed for skill development: <ul style="list-style-type: none"> • Electric hand mixers • Food processors • Electric hand blenders • Garlic crushers • Mixing spoons • Table knives • Forks • Serrated vegetable knives • Peelers • Graters • Sieves • Colanders • Lemon squeezers • Biscuit cutters • Can openers Ring pull tinned food <ul style="list-style-type: none"> • Oven gloves • Fish slices 	<p>With moderate supervision:</p> <ul style="list-style-type: none"> ■ Begin to use a can opener and open ring-pull tin ■ Dice foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs) <p>Independently:</p> <ul style="list-style-type: none"> ■ Finely grate hard foods (eg zesting, parmesan cheese) ■ Confidently use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot) ■ Confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) ■ Confidently peel 	<p>With close supervision:</p> <ul style="list-style-type: none"> ■ use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food (eg chickpeas for hummus or vegetables for soup) <p>With moderate supervision:</p> <ul style="list-style-type: none"> ■ separate eggs ■ whisk using an electric hand mixer (eg eggs) ■ cream fat and sugar together using an electric hand mixer ■ use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food (eg chickpeas for hummus or vegetables for soup) <p>Independently:</p> <ul style="list-style-type: none"> ■ Use finger tips to rub fat into flour to make fine 'bread crumbs' (eg apple crumble) ■ Sieve wet and dry ingredients with precision ■ Confidently crack an egg ■ Use a rolling pin to roll out dough to a specific thickness (eg pizza) ■ Use biscuit cutters accurately to assemble, arrange and layer more advanced dishes (eg apple sponge pudding, shepherd's pie) ■ Spread food evenly with a coating, paste or glaze ■ Knead and shape dough in to a variety of shapes ■ Use hands to shape mixtures 	<p><i>Note:</i> Although pupils will not be putting in or removing food from the oven, they should understand how to use the oven safely by observing adults</p> <p>With close supervision:</p> <ul style="list-style-type: none"> ■ Use the hob or electric saucepan (wok or stock pot) to cook simple dishes (eg burgers, soup) ■ handle hot food safely, using oven gloves to carefully remove cooked food with a fish slice from a baking tray on to a cooling rack
			<p>RECIPES</p> <ul style="list-style-type: none"> ■ Minestrone Soup ■ Pizza Wheels ■ Spinach and Cheese Bread ■ Butternut Squash Cous Cous ■ Fish Pie ■ Spaghetti Bolognaise <p>Recipes mostly taken from http://www.foodforlife.org.uk</p>

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Year 5 Equipment needed for skill development: <ul style="list-style-type: none"> • Electric hand mixers • Food processors • Electric hand blenders • Garlic crushers • Mixing spoons • Table knives • Forks • Serrated vegetable knives • Peelers • Graters • Sieves • Colanders • Lemon squeezers • Biscuit cutters • Can openers • Ring pull tinned food • Oven gloves • Fish slices 	<p>With moderate supervision:</p> <ul style="list-style-type: none"> ▣ Finely grate hard foods (eg zesting, parmesan cheese) ▣ With support, use a can opener and open ring-pull tin ▣ Dice foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs) <p>Independently:</p> <ul style="list-style-type: none"> ▣ Confidently use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot) ▣ Confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) ▣ Confidently peel harder food using a peeler (eg apple, potato) 	<p>With close supervision:</p> <ul style="list-style-type: none"> ▣ use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food (eg chickpeas for hummus or vegetables for soup) <p>With moderate supervision:</p> <ul style="list-style-type: none"> ▣ With help begin to separate eggs ▣ whisk using an electric hand mixer (eg eggs) ▣ cream fat and sugar together using an electric hand mixer ▣ Use a rolling pin to roll out dough to a specific thickness (eg pizza) ▣ Use biscuit cutters accurately to assemble, arrange and layer more advanced dishes (eg apple sponge pudding, shepherd's pie) <p>Independently:</p> <ul style="list-style-type: none"> ▣ Use finger tips to rub fat into flour to make fine 'bread crumbs' (eg apple crumble) ▣ Sieve wet and dry ingredients with precision ▣ Confidently crack an egg ▣ Spread food evenly with a coating, paste or glaze ▣ Knead and shape dough in to a variety of shapes ▣ Use hands to shape mixtures in to evenly sized pieces (eg burgers) 	<p>Note: Although pupils will not be putting in or removing food from the oven, they should understand how to use the oven safely by observing adults</p> <p>With close supervision:</p> <ul style="list-style-type: none"> ▣ With help, begin to use the hob or electric saucepan (wok or stock pot) to cook simple dishes (eg burgers, soup) ▣ handle hot food safely, using oven gloves to carefully remove cooked food with a fish slice from a baking tray on to a cooling rack
			<p>RECIPES</p> <ul style="list-style-type: none"> ▣ Green pea Pâté ▣ Apple and Apricot Filo Parcels ▣ Lavender Shortbread ▣ Salamagundy ▣ Caribbean Red Pepper Salsa ▣ Penne All' Arrabiata <p>Recipes mostly taken from http://www.foodforlife.org.uk</p>

	Knife Skills	Mixing and Moulding	Cooking
<p>Year 4</p> <p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> • Balloon whisks • Garlic crushers • Mixing spoons • Table knives • Forks • Serrated vegetable knives • Mashers • Peelers • Melon ballers • Graters • Sieves • Colanders • Lemon squeezers • Biscuit cutters • Oven gloves • Fish slices 	<p>With moderate supervision:</p> <ul style="list-style-type: none"> ■ Use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot) ■ Use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) ■ Use a masher to mash hot food to a fairly smooth texture ■ Cut foods into evenly sized strips or cubes (eg peppers, cheese) <p>Independently:</p> <ul style="list-style-type: none"> ■ Peel harder food (eg apple, potato) ■ Crush garlic using a garlic press ■ Grate harder food using a grater (eg apples, carrots) 	<p>With moderate supervision:</p> <ul style="list-style-type: none"> ■ Mix, stir and combine wet and dry ingredients uniformly (eg to form a dough) ■ Cream fat and sugar together using a mixing spoon <p>Independently:</p> <ul style="list-style-type: none"> ■ Sieve flour, raising agents and spices together in to a bowl ■ Use hands to rub fat into flour (eg scones, apple crumble) ■ Crack an egg and beat with balloon whisk ■ Use a rolling pin to flatten and roll out dough (eg scones) ■ use biscuit cutters ■ Coat food with egg and breadcrumbs (eg fish cakes) ■ Knead and shape dough in to evenly sized shapes ■ Assemble and arrange ingredients for simple dishes (eg apple crumble, scrambled egg on toast) 	<p><i>Note:</i></p> <p>Although pupils will not be cooking food on the hob or in the oven, pupils should understand how to use them safely by:</p> <ul style="list-style-type: none"> ■ observing adults cooking on the hob and putting in and removing food from the oven <p>With close supervision:</p> <ul style="list-style-type: none"> ■ Confidently use a toaster or microwave (e.g beans on toast) ■ Handle hot food safely once adults have removed food from the hob or oven (e.g. use oven gloves and a fish slice to remove scones from the baking tray) <p>RECIPES</p> <ul style="list-style-type: none"> ■ Rhubarb and Orange Fool ■ Salmon and Dill Crispy Coat <p>Fishcakes</p> <ul style="list-style-type: none"> ■ Stafidopsomo - Raisin Bread ■ Sunset Pasta Salad ■ Carrot and Coriander Soup ■ Parsnip and Apple Soup <p>Recipes mostly taken from http://www.foodforlife.org.uk</p>

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<p>Year 3</p> <p>Equipment needed for skill development:</p> <ul style="list-style-type: none"> • Balloon whisks • Garlic crushers Mixing spoons • Table knives • Forks • Serrated vegetable knives • Mashers • Peelers • Melon ballers • Graters • Sieves • Colanders • Lemon squeezers • Biscuit cutters • Oven gloves • Fish slices 	<p>With moderate supervision:</p> <ul style="list-style-type: none"> ■ begin to use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot) ■ begin to use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) ■ Use a masher to mash hot food to a fairly smooth texture ■ Cut foods into evenly sized strips or cubes (eg peppers, cheese) ■ Crush garlic using a garlic press ■ Grate harder food using a grater (eg apples, carrots) <p>Independently:</p> <ul style="list-style-type: none"> ■ Begin to peel harder food (eg apple, potato) 	<p>With moderate supervision:</p> <ul style="list-style-type: none"> ■ Mix, stir and combine wet and dry ingredients uniformly (eg to form a dough) ■ Crack an egg and beat with balloon whisk ■ Cream fat and sugar together using a mixing spoon ■ Use a rolling pin to flatten and roll out dough (eg scones) ■ use biscuit cutters ■ Coat food with egg and breadcrumbs (eg fish cakes) <p>Independently:</p> <ul style="list-style-type: none"> ■ Sieve flour, raising agents and spices together in to a bowl ■ Use hands to rub fat into flour (eg scones, apple crumble) ■ Knead and shape dough in to evenly sized shapes ■ Assemble and arrange ingredients for simple dishes (eg apple crumble, scrambled egg on toast) 	<p><i>Note:</i></p> <p>Although pupils will not be cooking food on the hob or in the oven, pupils should understand how to use them safely by:</p> <ul style="list-style-type: none"> ■ observing adults cooking on the hob and putting in and removing food from the oven <p>With close supervision:</p> <ul style="list-style-type: none"> ■ begin to use a toaster or microwave (e.g beans on toast) ■ Using physical guidance when necessary, handle hot food safely once adults have removed food from the hob or oven (e.g. use oven gloves and a fish slice to remove scones from the baking tray) <p>RECIPES</p> <ul style="list-style-type: none"> ■ Greek Salad ■ Spanakopita ■ Muesli and Yoghurt Layer ■ Stuffed Tomatoes ■ Pink Panther Pasta Salad ■ Bacon and Courgette Muffins <p>Recipes mostly taken from http://www.foodforlife.org.uk</p>

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Year 2 Equipment needed for skill development: <ul style="list-style-type: none"> • Mixing spoons • Table knives • Forks • Serrated vegetable knives • Mashers • Peelers • Melon ballers • Graters • Sieves • Colanders • Lemon squeezer 	<p>With close supervision:</p> <ul style="list-style-type: none"> ■ Use the bridge hold to cut harder foods using a serrated vegetable knife (eg apple) ■ Use the claw grip to cut soft foods using a serrated vegetable knife (eg tomato) ■ Cut food into evenly sized largish pieces (eg potatoes) <p>With moderate supervision:</p> <ul style="list-style-type: none"> ■ Peel soft vegetables using a peeler (eg cucumber) ■ Using physical guidance if necessary, peel harder food (eg apple, potato) ■ Grate soft food, using a grater (eg cheese) ■ Use a melon baller to core an apple <p>Independently:</p> <ul style="list-style-type: none"> ■ Mash cooked food (eg potatoes with a masher) ■ Drain away liquids from packaged food using a sieve or colander (eg tuna or sweet corn) ■ Use a lemon squeezer 	<p>With moderate supervision:</p> <ul style="list-style-type: none"> ■ Mix, stir and combine liquid and dry ingredients (eg muffins) ■ Use hands to rub fat into flour (eg rock buns) ■ Crack an egg and beat together using a fork ■ Use a small table knife for spreading soft spreads on to bread ■ Use hands to shape dough in to small balls or shapes ■ Assemble and arrange cold ingredients (eg sandwich, fruit kebabs, bruschetta) <p>Independently:</p> <ul style="list-style-type: none"> ■ Sift flour into bowl 	<p><i>Note:</i> Although children will not be cooking hot food, children should understand how hot food is cooked safely by:</p> <ul style="list-style-type: none"> ■ observing adults using the hob, oven, toaster and/or microwave <p>With close supervision:</p> <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
			<p>RECIPES</p> <ul style="list-style-type: none"> ■ Broccoli and Bean Salad ■ Twice baked jacket potatoes ■ Cheese Straws ■ Sandwich Wrap ■ Tomato and Basil Tartlets <p>Recipes mostly taken from http://www.foodforlife.org.uk</p>

	Knife Skills	Mixing and Moulding	Cooking
Year 1/ Reception Equipment needed for skill development: <ul style="list-style-type: none"> • Mixing spoons • Table knives • Forks • Mixing bowls • Serrated vegetable knives • Mashers • Peelers • Melon ballers • Graters • Sieves • Colanders • Lemon squeezer 	<p>With close supervision:</p> <ul style="list-style-type: none"> ✎ Use the bridge hold to cut harder foods using a serrated vegetable knife (eg apple) ✎ Use the claw grip to cut soft foods using a serrated vegetable knife (eg tomato) ✎ Mash cooked food (eg potatoes with a masher) ✎ Peel soft vegetables using a peeler (eg cucumber) ✎ Using physical guidance if necessary, peel harder food (eg apple, potato) ✎ Cut food into evenly sized largish pieces (eg potatoes) ✎ Use a melon baller to core an apple ✎ Grate soft food, using a grater (eg cheese) <p>Independently:</p> <ul style="list-style-type: none"> ✎ Drain away liquids from packaged food using a sieve or colander (eg tuna or sweet corn) ✎ Use a lemon squeezer 	<p>With close supervision:</p> <ul style="list-style-type: none"> ✎ 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 together using a fork ✎ With physical guidance, 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 assemble and arrange cold ingredients (eg sandwich, fruit kebabs, bruschetta) 	<p><i>Note:</i> Although children will not be cooking hot food, children should understand how hot food is cooked safely by:</p> <ul style="list-style-type: none"> ✎ observing adults using the hob, oven, toaster and/or microwave <p>With close supervision:</p> <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
			<p>RECIPES</p> <ul style="list-style-type: none"> ✎ Bruschetta ✎ Potato and Beetroot Salad ✎ Seasonal Fruit Salad ✎ Raspberry Ritz Smoothie ✎ Breadsticks ✎ Milk Rolls <p>Recipes mostly taken from http://www.foodforlife.org.uk</p>