Progression of skills in cookery

Y1	Peel (hand)	Peeling soft fruits by hand (banana, satsuma).
Y1	Peel (swivel peeler)	Peeling semi-prepared vegetables (potato, carrot) with support.
Y1	Spread	Soft ingredients (butter, hummus).
Y1	Shape	With accuracy for a desired effect (basic bread roll), using a rolling pin.
Y1	Mix/stir	With increasing thoroughness to combine ingredients, creaming butter and sugar.
Y1	Spoon	Ingredients into different containers with increasing accuracy and minimal spillage.
Y1	Measure	Using different sized measuring spoons (wet and dry ingredients), Using measuring jugs where all intervals are given.
Y1	Cut out	Using cutters (scones, jam tarts).
Y1	Grate	Soft foods (cheese, cucumber).
Y1	Sift	Flour into a bowl.
Y1	Thread	Soft fruits onto cocktail sticks.
Y1	Cut	Using a knife to cut low resistance foods.
Y1	Spoon	Ingredients from one container to another with increasing accuracy and minimal spillage. Using measuring spoons.
Y1	Rub	Rub fat into flour (bread crumbs).
Y1	Mashing	Using a hand masher (boiled potatoes).
Y1	Whisking/beating	Using a hand whisk (single ingredient), using a fork (single ingredient).
Y1	Food safety	Cross contamination, kitchen expectations, boiling water, hygiene (hand washing, aprons, hair tied back).
Y1	Food groups	Health options, balanced plate, personal experiences of food, food origins.
Y1	Kneading	Kneading dough.
Y1	Recipe instructions	Following a verbal recipe (modelled by an adult at each stage).
Y1	Weighing	Reading scales (where all increments are given) to weigh fats, wet and dry ingredients.
Y1	Kitchen cultures	Loading a dishwasher.
Y1	Cracking an egg	Into a bowl (no separation required).
Y2	Knife safety	Passing and carrying knives safely.
Y2	Dicing and cubing	Soft fruits and vegetables.
Y2	Weighing	Reading scales (where not all increments are represented) to weigh fats, wet, dry ingredients.
Y2	Whisking	Using an electric whisk with support (creaming butter and sugar), combining soft ingredients using a hand whisk.
Y2	Crushing/squeezing	Using a juicer to extract juice (eg orange, lemon).
Y2	Dividing	Refer to ingredients in simple fractions eg half, quarter.
Y2	Snipping	Snipping herbs.
Y2	Slicing	Using a knife to cut medium resistance foods (potato).
Y2	Kitchen safety	Adding ingredients to a boiling pan (supervised), pan safety.
Y2	Food safety	Allergy awareness (using different coloured plates, bowls),
Y2	Kitchen cultures	Operating the dishwasher, cleaning down (adult supported).
Y2	Food groups	Seasonal vegetables, food tasting, local produce, religious/ethical beliefs and food, healthy plates.
Y2	Measure	Using different sized measuring spoons (wet and dry ingredients), Using measuring jugs where not all intervals are given.

Progression of skills in cookery

Y3	Dicing and cubing	Firmer foods eg carrots and apples.
Y3	Separating	Separating an egg.
Y3	Weighing ingredients (independent)	Reading scales (where not all increments are represented) to weigh fats, wet, dry ingredients.
Y3	Using measuring spoons (independently)	Measuring small amounts, liquids using a measuring spoon.
Y3	Dividing	Cutting into eighths.
Y3	Peeling	Peeling an onion, using a swivel peeler with supervision.
Y3	Spreading	Ingredients evenly over another food.
Y3	Using a can opener	Using a can opener safety with support.
Y3	Mix	Any ingredients thoroughly, whisk foods using a hand whisk thoroughly.
Y3	Kitchen Safety	Adding ingredients to a boiling pan (supervised), pan safety.
Y3	Food Safety	Allergy awareness (using different coloured plates, bowls) - (supervised).
Y3	Kitchen Cultures	Operating the dishwasher, cleaning down (supervised).
Y3	Food Groups	Seasonal vegetables, food tasting, local produce, religious/ethical beliefs and food, healthy plates.
Y3	Grating	Grating vegetables (supervision).
Y3	Spoon	Use two spoons to transfer ingredients into different size/shape containers with minimal spillage.
Y3	Weighing	Reading digital scales with support to obtain accuracy.
Y3	Snip	With greater dexterity and control eg to shred lettuce or cabbage.
Y3	Thread	Medium resistance foods onto kebab sticks eg mushrooms, courgette.
Y3	Carryout	Carry out instructions independently (some light adult supervision).
Y3	Follow a recipe	Follow a simple written recipe with some modelling from an adult.
Y3	Cut	Medium resistance foods with a vegetable knife e.g. cucumber.
Y4	Crushing	Using a garlic press.
Y4	Lining	Lining a cake tin.
Y4	Shape	Create visually appealing products eg mini cottage loaf, plait or wrap.
Y4	Cut out	Placing the cutter in positions to make good of the material available to avoid waste.
Y4	Dicing and cubing	Root vegetables.
Y4	Securing Foods	Use a fork to claw grip to secure foods.
Y4	Cut	Medium resistant or partly prepared foods using a bridge hold, eg cut half a tomato into quarter.
Y4	Follow a recipe	Follow a simple written recipe, where several processes are involved, with guidance from an adult.
Y4	Carry out	Carry out instructions independently.
Y4	Mixing	Using a blender.
Y4	Heating	Using a toaster and hob (adult supported and under adult supervision).
Y4	Kitchen Safety	Adding ingredients to a boiling pan (supervised), pan safety.
Y4	Food Safety	Reading packaging/food labels, germs, washing salads and other foods.
Y4	Kitchen Cultures	Operating the dishwasher, cleaning down (supervision).
Y4	Food Groups	Seasonal vegetables, food tasting, local produce, religious/ethical beliefs and food, healthy plates.

Progression of skills in cookery

Y5	Mix	Fold ingredients together carefully.
Y5	Spoon	Gauge quantities spooned to ensure an equal amount of ingredients in each container.
Y5	Measuring	Using a measuring jug independently and accurately (not all increments marked).
Y5	Grate	Use a nutmeg grater.
Y5	Thread	Higher resistance foods onto kebab sticks eg peppers, onions.
Y5	Cut	Higher resistance food with a vegetable knife using the claw grip eg celery, carrots.
Y5	Follow a recipe	Follow a simple recipe independently (light supervision).
Y5	Food groups	Seasonal vegetables, reading food labels, local produce, healthy plates.
Y5	Explain	Nutrients and minerals, fats.
Y6	Peel	Create food strips to be used in a dish eg courgette/carrot ribbons with supervision.
Y6	Measure	Use digital and analogue scales accurately and independently.
Y6	Grate	Use the zest part of a grater as part of a recipe eg lemon and orange.
Y6	Cut	Higher resistance foods from a whole using the bridge hold eg halve an apple, raw potato.
Y6	Follow a recipe	Follow a simple recipe independently.
Y6	Carry out	Modification to recipes.
Y6	Design	Design and menu from scratch (some support).
Y6	Heating	Use kettle, grill, oven under adult supervision.
Y6	Browning	Browning meat in a frying pan.
Y6	Kitchen safety	Adding ingredients to a boiling pan (supervised), pan safety.
Y6	Food safety	Allergy awareness (using different coloured plates, bowls) - (supervised).
Y6	Kitchen cultures	Operating the dishwasher, cleaning down (supervised).
Y6	Food groups	Local produce, food labels, nutrients, healthy plates, cooking processes - impacting nutrients.