

























Practical Food Skills Progression Chart for Primary School Pupils

Key Skill	Early Years / Foundation Stage	Key Stage 1 (Ages 5-7)	Lower Key Stage 2 (Ages 7-9)	Upper Key Stage 2 (Ages 9-11)
 Pull	Pick grapes from the vine Hull fruit			
 Crush	Make food into smaller pieces Crush soft fruit with a potato masher or a fork.		Crush garlic using a garlic press or the back of a spoon / table knife Crush biscuits in a bag with a rolling pin or hands	
 Juice		Squeeze the juice from fruit or vegetables Use a hand-held juicer to extract juice. <i>orange or lemon juice</i>		Squeeze an orange using an electric juicer
 Peel	Remove the skin from fruit or vegetables Peel by hand <i>Banana, satsuma</i>	Peel with a swivel peeler with adult support <i>Carrot</i>	Peel with a swivel peeler with supervision	Peel with a swivel peeler to create food ribbons to be used in a dish (with supervision) <i>Carrots, courgettes</i>
 Spread		Smooth a soft topping or mixture Spread soft ingredients <i>Hummus, butter on toast</i>	Spread ingredients evenly over another food <i>Spread icing on a cake using a spatula</i>	Spread a mixture into a tray when creating a tray bake
 Shape	Create shapes with food Shape food by hand and with a rolling pin	Shape food with accuracy for a desired effect <i>Basic bread roll</i>	Shape food with increasing accuracy and complexity Meat burger / patty	Create visually appealing products by shaping and moulding food. <i>Platted or cottage loaf</i>
 Roll Out		Flatten food with a rolling pin Use a rolling pin to create a flattened food		

 <p>Cut Out</p>	<p>Create shapes by cutting Cut out ingredients using a cutter <i>Dough for scones / biscuits</i></p>	<p>Cut out ingredients neatly using a cutter Use a table knife to cut equal dough portions <i>Cheese straws</i></p>	<p>Position the cutter to make good use of the food material and to avoid waste</p>	<p>Create visually appealing products by cutting out shapes to decorate <i>Apple pie</i></p>
 <p>Mix, Stir</p>	<p>Loosely combine ingredients <i>Mix fruit into porridge</i> <i>Stir milk into a cup of tea</i></p>	<p>Mix with increasing thoroughness to combine ingredients <i>Whisk using a fork</i> <i>Rub in fat and flour</i> <i>Knead dough</i></p>	<p>Mix any ingredients thoroughly <i>Beat eggs with a whisk or fork for an omelette or scrambled eggs</i> <i>Cream together butter and sugar for a cake mixture</i></p>	<p>Fold ingredients together carefully <i>Fold flour into a whisked egg mixture for a Swiss roll</i> <i>Combine cooked lentils and mushrooms, eggs and herbs for a lentil bake</i></p>
 <p>Spoon</p>	<p>Spoon ingredients between containers</p>	<p>Spoon ingredients between different containers with increasing accuracy and minimal spillage</p>	<p>Use two spoons to transfer ingredients into different sized and shaped containers with minimal spillage <i>Spoon liquid cake mixture into baking cases</i></p>	<p>Be able to gauge the quantities spooned to ensure an equal amount of ingredients in each container</p>
 <p>Weigh</p>		<p><i>Estimate portions of pasta using handfuls</i></p>	<p>Using different types of weighing scales including digital scales <i>Weigh flour using scales</i></p>	<p>Using different weighing scales with increasing accuracy</p>
 <p>Measure</p>	<p>Measuring using spoons and cups <i>Measure out dried fruit</i> <i>Counting ingredients</i></p>	<p>Using measuring spoons of different sizes Refer to ingredients in simple fractions <i>half, quarter</i> <i>Add a spoonful of ingredients – herbs and spices</i></p>	<p>Use a measuring jug with support to obtain accuracy <i>Measure milk in a measuring jug or cup</i></p>	<p>Use a measuring jug independently and accurately</p>
 <p>Grate</p>		<p>To make food smaller or finer Grate soft foods <i>Cucumber, cheese</i></p>	<p>Grate firmer foods <i>Carrots, apples</i> <i>Nutmeg</i></p>	<p>Use the zesting part of a grater <i>Lemon, orange zest</i></p>

 <p>Snip</p>	<p>Tear ingredients <i>Fresh herbs</i></p>	<p>Snip ingredients using scissors <i>Fresh herbs</i> <i>Spring onions</i></p>	<p>Snip ingredients with greater dexterity and control <i>Snip a pepper into strips</i> <i>Shred lettuce or cabbage leaves for salad</i></p>	
 <p>Sift</p>		<p>Remove lumps in dry food <i>Sift flour into a bowl</i></p>		
 <p>Cut</p>	<p>Cut soft food with a butter knife <i>Banana</i> <i>Canned peach slices</i></p>	<p>Cut low resistance foods with a table knife into equal pieces, sizes, or slices <i>Mushrooms</i> <i>Canned pineapple slices</i> Use a fork to secure foods</p>	<p>Cut medium resistance foods with a vegetable knife using the claw grip <i>Cucumber</i> Cut medium resistance foods or partly prepared food with a vegetable knife using the bridge grip <i>Halving a tomato / grapes</i> <i>Cutting cooked potatoes</i></p>	<p>Cutting higher resistance foods using either the claw grip or the bridge grip <i>Celery, carrots</i> <i>Apples, raw potatoes</i></p>
 <p>Core</p>				<p>Core – remove the core of fruit or vegetables <i>Remove the core of an apple with a knife</i></p>
 <p>Blitz</p>				<p>Blitz, purée and blend – make food smaller, smoother or combined <i>Blitz bread in a food processor into breadcrumbs</i> <i>Blend soup in a liquidiser</i> <i>Purée fruit through a sieve</i></p>
 <p>Layer</p>			<p>Layer different ingredients <i>Layer sliced bread, tuna mayonnaise and salad to make a sandwich</i></p>	<p>Layer different ingredients <i>Layer meat sauce, pasta sheets and white sauce to make lasagne</i></p>

Cooking with Heat at Key Stage 2

Key Skill	Definition	Examples
 Bake	Bake – cook in an oven	<ul style="list-style-type: none"> • Bake bread dough or cake mixture • Bake chicken breasts or fillets of fish
 Casserole	Casserole – cook food in liquid in a lidded pan on the hob or in the oven	<ul style="list-style-type: none"> • Cook a sausage casserole on the hob • Slowly cook a beef stew in the
 Fry	Fry and sauté – cook on the hob (usually in oil)	<ul style="list-style-type: none"> • Fry tofu in a frying pan • Sauté onions using a frying pan to make a Bolognese sauce • Stir-fry vegetables, meat or alternatives
 Grill	Grill – cook under direct heat	<ul style="list-style-type: none"> • Grill meat, fish or vegetable kebabs • Make toast
 Heat	Melt, simmer and boil – use the heat of the hob to melt or cook food	<ul style="list-style-type: none"> • Melt butter or spread to make flapjacks • Simmer a chilli con carne sauce • Boil peas in boiling water
 Microwave	Microwave – cook or re-heat food in a microwave	<ul style="list-style-type: none"> • Cook scrambled eggs • Reheat leftover pizza or pasta
 Roast	Roast – cook in an oven at higher temperatures	<ul style="list-style-type: none"> • Roast chicken, beef, pork, lamb or vegetables