

## DT – Cooking and Nutrition - Knowledge and Skills Progression Grid

		FS	KS1 – Y1/2	Lower KS2 – Y3/4	Upper KS2 – Y5/6
<b>Cooking and nutrition</b>	<b>Where food comes from.</b>		Explain where their food comes from (animals/plants). Know that food has to be farmed, grown elsewhere (e.g. home) or caught.	Know that food is grown, reared and caught in the UK, Europe and the wider world. Identify foods which come from the UK.	Understand seasonality and describe which foods are in season. Identify foods which come from other places around the world. Know how food is processed into ingredients that can be eaten or used in cooking (e.g. wheat into flour to make bread) Learn about famous chefs that reflect the cultural diversity of Ferham (e.g.Nadiya Hussain)
	<b>Nutrition</b>	Talk with adults about healthy eating	Identify the main food groups. Name foods that are healthy.	Know that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The Eatwell Guide. Know that to be active and healthy, food and drink are needed to provide energy for the body	Describe why the meal they cooked is healthy. Know that different food and drink contain different substances – nutrients, water and fibre – that are needed for health
	<b>Food preparation and cooking</b>	Follow and carry out instructions given one at a time by an adult with support. Wash hands before eating or preparing food	Follow basic food hygiene practices (hair tied back, roll up sleeves, remove jewellery, put on apron, wash hands). Follow a simple, healthy recipe with support from an adult.	Demonstrate hygienic food preparation and storage. Follow a recipe to cook a healthy meal including where appropriate the use of a heat source. Use blunt knives and peelers to prepare fruit and vegetables.	Demonstrate hygienic food preparation and storage. Plan and cook a healthy meal with different components i.e. soup and bread. Use sharp knives under supervision to cut vegetables. Weigh using standard scales

		<p>Pull – grapes from vine, hull strawberries etc</p> <p>Peel – by hand eg satsuma, banana</p> <p>Crush – with a fork/potato masher</p> <p>Shape – by hand and using a rolling pin</p> <p>Mix – spoon to loosely combine ingredients</p> <p>Cut – soft foods using a butter knife/cutters</p>	<p>Prepare simple dishes safely and without using a heat source.</p> <p>Peel – using a swivel peeler with adult support</p> <p>Juice – using a juicer e.g. orange/lemon</p> <p>Spread – soft ingredients e.g. hummus.</p> <p>Shape – with accuracy by hand and using a rolling pin</p> <p>Mix – increasingly thoroughly to combine ingredients, whisk with a fork, knead dough</p> <p>Cut - low resistance foods e.g. tinned pineapple slices, mushrooms using a table knife – secure foods for cutting using a fork</p>	<p>Measure using electronic scales and jugs marked with ml</p> <p>Know how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking</p> <p>Peel – with a swivel peeler with supervision</p> <p>Press – using a garlic press</p> <p>Spread – ingredients evenly over another food</p> <p>Shape and mould – visually appealing products eg plait bread</p> <p>Mix – ingredients thoroughly. Whisk foods using a hand whisk</p> <p>Cut – medium resistance foods e.g. cucumber with a table knife using a fork or the claw grip to secure foods.</p>	<p>Bake use pastry and dough. Know that recipes can be adapted to change the appearance, taste, texture and aroma.</p> <p>Peel – using a swivel peeler to create food ribbons to be used in food e.g. carrot/courgette ribbons</p> <p>Mix – fold in with supervision ingredients together carefully</p> <p>Cut – higher resistance foods using a vegetable knife using the claw grip e.g. celery/carrots. Cut higher resistance foods from whole e.g. half an apple using the bridge hold</p>
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