**The Grove School Progressive food curriculum**

Year by year progressive knowledge and skill based planning.

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

• use the basic principles of a healthy and varied diet to prepare dishes with elementary cooking skills

• understand where food comes from.

Key stage 2

• understand and apply the principles of a healthy and varied diet

• prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques

• understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Other aspects such as weighing and measuring, following or creating recipes to a brief may come under other curriculum subjects (e.g. maths, literacy, DT).

This curriculum and recipe choices are based on development of the cookery skills needed to prepare healthy meals – a vital life skill – and should prepare children for most cooking eventualities!

Development of cookery skills include:

Measuring, following a recipe, cooking with eggs, making sauces and dressings, making dough, chopping and slicing, baking, grilling, boiling, frying, making soups and understanding and using common cooking terminology and vocabulary.

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| EYFS | Cutting skills | Food prep skills | Cooking skills | Recipes ideas with skills |
| **Equipment needed for skill development:**  Mixing spoons  Table knives  Forks  Mixing bowls  Safety vegetable knives Mashers  Peelers  Melon ballers  Graters  Sieves  Colanders  Lemon squeezer | **With close supervision:**   1. Use the bridge hold to cut harder foods using a serrated vegetable knife 2. Use the claw grip to cut soft foods using a serrated vegetable knife 3. Mash cooked food 4. Peel soft vegetables using a peeler 5. Using physical guidance if necessary, peel harder food 6. Cut food into evenly sized largish pieces 7. Use a melon baller 8. Grate soft food, using a grater   **Independently:**   1. Drain away liquids from packaged food using a sieve or colander 2. Use a lemon squeezer | **With close supervision:**   1. Sift flour into bowl 2. Mix, stir and combine liquid and dry ingredients 3. With help, use hands to rub butter into flour 4. With help crack an egg and beat together using a fork 5. With physical guidance, use a small table knife for spreading soft spreads on to bread 6. Use hands to shape dough in to small balls or shapes, assemble and arrange cold ingredients | **Note: Although children will not be cooking hot food, children should understand how hot food is cooked safely by**:   1. observing adults using the hob, oven, toaster and/or microwave   **With close supervision:**   1. Be able to prepare food for baking and frying such as greasing baking tins and adding oil to frying pans / Saucepans | **With Chef Educator**  Breadsticks and homemade butter 11, 12, 15, 16, 17, 18  cheese straws 8, 11, 12, 13, 14, 16, 17, 18  Fruit kebabs and smoothies 1, 2, 3, 4, 5, 6, 7, 9, 10  **Within class development of cooking skills**  hard boiled eggs  scrambled eggs (in microwave)  Toast  Bruschetta with melted cheese |
| New vocabulary and terminology | mash  peel  slice  chop  grate  drain  squeeze  colander | sift and sieve  ingredients  rubbing in  crack  beat  spread  dough  knead | hob  oven  toaster  microwave  greasing  pans  tin  tray | boiled  scrambled  toasted  melted |

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| Year 1 and 2 | Cutting skills | Food prep skills | Cooking skills | Recipes ideas with skills |
| **Equipment needed for skill development:**  Mixing spoons  Table knives  Forks  Serrated vegetable knives  Mashers  Peelers  Melon ballers  Graters  Sieves  Colanders  Lemon squeezer | **With close supervision:**   1. Use the bridge hold to cut harder foods using a serrated vegetable knife 2. Use the claw grip to cut soft foods using a serrated vegetable knife   **With moderate supervision:**   1. Peel soft vegetables using a peeler 2. Using physical guidance if necessary, peel harder food 3. Cut food into evenly sized largish pieces 4. Use a melon baller 5. Grate soft food, using a grater   **Independently:**   1. Mash cooked food 2. Drain away liquids from packaged food using a sieve or colander 3. Use a lemon squeezer | **With moderate supervision:**   1. Mix, stir and combine liquid and dry ingredients 2. With help, use hands to rub butter into flour 3. With help crack an egg and beat together using a fork 4. use a small table knife for spreading soft spreads on to bread 5. Use hands to shape dough in to small balls or shapes, assemble and arrange cold ingredients   **Independently:**   1. Sift flour into bowl | **Note: Although children will not be cooking hot food, children should understand how hot food is cooked safely by**:   1. observing adults using the hob, oven, toaster and/or microwave   **With close supervision:**   1. Be able to prepare food for baking and frying such as greasing baking tins and adding oil to frying pans / Saucepans | **With Chef Educator**  Savoury tartlets 1, 2, 3, 5, 11, 12, 13, 15, 16, 17, 18  cake, 11, 12, 13, 14, 16, 17, 18  Salad and salad dressings 1, 2, 3, 4, 5, 6, 7, 9, 10  **Within class development of cooking skills**  sandwiches and wraps 1-7, 14  humus and crudities 1-7, 8, 9, 10  porridge in the microwave 11,17 |
| New vocabulary and terminology (see and challenge previous learning for knowledge and skills) | serrated knife  paring knife  masher  sliced  chopped  halved | short cut pastry  combine  whisk  turn-out  roll  fold  wooden spoon  tablespoon  teaspoon | bake  line a cake tine  baking/ greaseproof paper  silver foil  cling film |  |

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| Year 3 and 4 | Cutting skills | Food prep skills | Cooking skills | Recipes ideas with skills |
| **Equipment needed for skill development:**   * 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 | **With moderate supervision:**   1. Use the claw grip and the bridge claw grip to cut hard and soft foods using a serrated vegetable knife 2. Use a masher to mash hot food to a fairly smooth texture 3. Cut food into evenly sized srips or cubes   **Independently:**   1. Peel harder foods using a peeler 2. Crush garlic using a garlic press 3. Grate harder food, using a grater | **With moderate supervision:**   1. Mix, stir and combine wet and dry ingredients uniformly 2. Cream butter and sugar together using a mixing spoon   **Independently:**   1. Sieve flour, raising agents and spices together in to a bowl 2. Use hands to rub butter into flour 3. Crack an egg and beat with balloon whisk 4. Use a rolling pin to flatten and roll out dough 5. use biscuit cutters 6. Coat food with egg and breadcrumbs 7. Knead and shape dough in to evenly sized shapes 8. Assemble and arrange ingredients for simple dishes | **Note: Although children will not be cooking hot food, children should understand how hot food is cooked safely by:**   1. adults cooking on the hob and putting in and removing food from the oven   **With close supervision:**   1. Confidently use a toaster or microwave 2. Handle hot food safely once adults have removed food from the hob or oven (e.g. use oven gloves and a spatula/fish slice) | **With Chef Educator**  Soup 1,2,3,4,5,6,16.18  Rough puff pastry voulevants with quiche filling  7,11,12,13  Biscuits using creaming method 8,9,12,13,15,16,18  **Within class development of cooking skills**  Fruit crumble 1,4,7,10,16,18  Potato Croquettes 14, 16, 18  microwave mug cake 7,17  toast and recipe invention toppings 16,17 |
| New vocabulary and terminology (see and challenge previous learning for knowledge and skills) | strips  cubes  crush  smooth texture | rough puff pastry  balloon whisk  coat  breaded  measure  weigh | oven gloves  spatula  fish slice  timer  temperature |  |

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| Year 5 and 6 | Cutting skills | Food prep skills | Cooking skills | Recipes ideas with skills |
| **Equipment needed for skill development:**   * 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 * Pasta roller * Food processor | **With moderate supervision:**   1. Begin to use a can opener and open ring-pull tin 2. Dice foods and cut them into evenly sized, fine pieces   **Independently:**   1. Finely grate hard foods 2. Confidently use both the bridge hold and claw grip to cut food using a serrated vegetable knife 3. Confidently peel harder food using a peeler | **With close supervision:**   1. use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food   **With moderate supervision:**   1. separate eggs 2. whisk using an electric hand mixer 3. use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food   **Independently:**   1. Use finger tips to rub butter into flour to make fine ‘bread crumbs’ 2. Sieve wet and dry ingredients with precision 3. Confidently crack an egg 4. Use a rolling pin / pasta roller to roll out dough to a specific thickness 5. Use biscuit cutters accurately to assemble, arrange and layer more advanced dishes, 6. Spread food evenly with a coating, paste or glaze 7. Knead and shape dough in to a variety of shapes 8. Use hands to shape mixtures in to evenly sized pieces | **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**  **With close supervision:**   1. Use the hob or electric saucepan (wok or stock pot) to cook simple dishes 2. 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 3. use a basic bain-marie bowl over hot water | **With Chef Educator**  sauces and dips including cheese sauce with a roux and mayonnaise with vegetable ‘chips’ 2,3,4,6,7,9,12,18,19  homemade pasta and vegetarian bolognaise 1,2,4,5,11,12,13,14,18,19  bread with coating, paste or glaze11,15,16,17,18,19  **Within class development of cooking skills**  Meringues 7,8,  Scones with homemade jam 2, 10,11,14,17,18,19  chocolate fondue innovative taste inventions 1,2,3,4,5,20 |
| New vocabulary and terminology (see and challenge previous learning for knowledge and skills) | dice  fine | coating, glaze, paste  roux  food processing – blitz, pulse  separate  assemble and arrange presentation  rise (yeast)  blend  puree | fry |  |