

### Riverside Primary Food Preparation and Cooking Skills Progression Checklist

<b>Knife Skills</b>	<b>Nursery/ P1</b>	<b>P2</b>	<b>P3</b>	<b>P4</b>	<b>P5</b>	<b>P6</b>	<b>P7</b>
Bridge knife technique – soft foods, e.g., strawberry, cherry tomato	✓	✓	✓	✓	✓	✓	✓
Bridge knife technique – harder foods, e.g., apple			✓	✓	✓	✓	✓
Claw knife technique – soft foods, e.g., cucumber		✓	✓	✓	✓	✓	✓
Claw knife technique – harder foods, e.g., carrot				✓	✓	✓	✓
Simple combination of bridge and claw, e.g., onion						✓	✓
Fork secure technique						✓	✓
Fine chopping of herbs							✓
Snipping herbs using scissors		✓	✓	✓	✓	✓	✓
Hedgehog a mango cheek with a round-bladed knife			✓	✓	✓	✓	✓
Coring an apple, e.g., by hand or using coring equipment						✓	✓
Peeling fruit by hand, e.g., satsumas, bananas		✓	✓	✓	✓	✓	✓
Peeling vegetables by hand, e.g., spring onions, Brussel sprouts			✓	✓	✓	✓	✓
Peeling soft vegetables, e.g. courgette				✓	✓	✓	✓
Peeling, e.g., carrot							✓
Grating soft foods, e.g., courgette, cheese			✓	✓	✓	✓	✓
Grating harder foods, e.g., carrot, apple					✓	✓	✓
Finer grating, e.g., Parmesan cheese, nutmeg							✓
<b>Weighing and Measuring</b>	<b>Nursery/ P1</b>	<b>P2</b>	<b>P3</b>	<b>P4</b>	<b>P5</b>	<b>P6</b>	<b>P7</b>
Using measuring spoons and cups	✓	✓	✓	✓	✓	✓	✓
Using a jug to measure liquids			✓	✓	✓	✓	✓
Using balance scales		✓	✓	✓	✓	✓	✓
Using digital or spring balance scales				✓	✓	✓	✓
<b>Baking Skills</b>	<b>Nursery/ P1</b>	<b>P2</b>	<b>P3</b>	<b>P4</b>	<b>P5</b>	<b>P6</b>	<b>P7</b>
Sieving, e.g., flour	✓	✓	✓	✓	✓	✓	✓
Cutting fat into flour				✓	✓	✓	✓
Cracking an egg			✓	✓	✓	✓	✓
Separating an egg					✓	✓	✓
Beating an egg			✓	✓	✓	✓	✓
Rubbing fat into flour			✓	✓	✓	✓	✓
Adding liquid to flour gradually				✓	✓	✓	✓
All-in-one cake mixing		✓	✓	✓	✓	✓	✓

*This food preparation and cooking skills progression has been adapted from the Focus on Food - Skill Up, Start Cooking Pack ([http://focusonfood.fudgetechnical.co.uk/resources\\_equipment](http://focusonfood.fudgetechnical.co.uk/resources_equipment)).*

Creaming fat and sugar					✓	✓	✓
Folding flour into creamed mixture						✓	✓
Scraping out a bowl with a spatula		✓	✓	✓	✓	✓	✓
Dividing mixture into tins, e.g., muffins		✓	✓	✓	✓	✓	✓
Mixing to form a bread dough			✓	✓	✓	✓	✓
Kneading	✓	✓	✓	✓	✓	✓	✓
Shaping, e.g., bread rolls	✓	✓	✓	✓	✓	✓	✓
Handling and folding filo pastry		✓	✓	✓	✓	✓	✓
Handling and folding shortcrust pastry					✓	✓	✓
Cutting shapes out of rolled pastry	✓	✓	✓	✓	✓	✓	✓
Glazing, e.g., brushing with egg, milk, oil	✓	✓	✓	✓	✓	✓	✓
<b>Other Skills</b>	<b>P1</b>	<b>P2</b>	<b>P3</b>	<b>P4</b>	<b>P5</b>	<b>P6</b>	<b>P7</b>
Tearing, e.g., herbs	✓	✓	✓	✓	✓	✓	✓
Crumbling cheese, e.g., feta	✓	✓	✓	✓	✓	✓	✓
Arranging ingredients/toppings	✓	✓	✓	✓	✓	✓	✓
Sprinkle ingredients using pinched fingers or from a container with holes	✓	✓	✓	✓	✓	✓	✓
Spreading with the back of a spoon, e.g., pizza topping		✓	✓	✓	✓	✓	✓
Spreading with a table knife, e.g., butter			✓	✓	✓	✓	✓
Scooping, e.g., removing mango flesh from a hedgehogged shell, or baking potato from its jacket	✓	✓	✓	✓	✓	✓	✓
Mashing		✓	✓	✓	✓	✓	✓
Crushing garlic			✓	✓	✓	✓	✓
Using a lemon squeezer	✓	✓	✓	✓	✓	✓	✓
Beating ingredients together, e.g., a salad dressing		✓	✓	✓	✓	✓	✓
Shaping, e.g., fishcakes, burgers			✓	✓	✓	✓	✓
Coating, e.g., with egg and breadcrumbs				✓	✓	✓	✓
Using the hob (only with adult supervision) to sweat vegetables for soup.						✓	✓
Setting an oven to the correct temperature (only with adult supervision)					✓	✓	✓
Transferring suitable dishes/trays into and out of the oven using oven gloves (only with adult supervision)							✓
Whisking, e.g., egg whites or cream					✓	✓	✓
Shelling a hard-boiled egg				✓	✓	✓	✓
Garnishing and decorating	✓	✓	✓	✓	✓	✓	✓
Seasoning to taste							
Draining through a sieve or colander				✓	✓	✓	✓
Pressing correct setting and timing buttons on a microwave to heat food (as directed by an adult)				✓	✓	✓	✓

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Use the microwave to melt an ingredient, e.g., chocolate (only with adult supervision)						✓	✓
Make a food item using the microwave, e.g., scrambled eggs, porridge (only with adult supervision)							✓
Wash and dry hands carefully before cooking, baking or preparing food.	✓	✓	✓	✓	✓	✓	✓
Be aware of food hygiene when handling food, e.g., don't touch mouth, eyes, hair, etc.	✓	✓	✓	✓	✓	✓	✓