

Cooking

Curriculum Principles

By the end of Year 6, a student at Dixons Manningham Primary will have the following food preparation skills:

- Demonstrate an increasing range of practical food handling skills, e.g. kneading, creaming, grating, mixing;
- Understand that there are different methods of cooking, e.g. grilling, baking, frying, roasting (i.e. heat transfer);
- Weigh and measure accurately;
- Describe, with reasons, the effect of heat on taste, texture, odour and appearance;
- Demonstrate a range of shaping and finishing techniques;
- Prepare and cook simple dishes, e.g. boiled egg, grilled bacon, a sandwich filling, bread or biscuits (i.e. follow a recipe/set of instructions);
- Select and use appropriate tools when preparing and cooking food;
- Perform preference and discrimination sensory tests for tasting.

By the end of Year 6, a student at Dixons Manningham Primary will have the following food safety and hygiene knowledge and skills:

- Understand that food can spoil and decay due to microbes, insects and other pests;
- Understand that microbes need food, warmth, moisture and time to multiply;
- Understand that food hygiene means preventing contamination by safe handling and storage, so that food is safe to eat;
- Apply good personal hygiene practices;
- Use information provided on food labels to store food products safely;
- Use cold storage, e.g. chill, freeze, to avoid multiplication of microbes;
- Organise a clean and safe food preparation area;
- List ways to ensure food hygiene while they are working.

By the end of Year 2, a student at Dixons Manningham Primary will have the following food preparation skills:

- Identify and use a range of simple hand tools;
- Demonstrate a range of skills, e.g. slice, chop, wash, grate, peel, spread;
- Prepare simple dishes, e.g. fruit salad, sandwich, toast, salad;
- Prepare food for themselves and friends, with help;
- Understand that some tools have special jobs, e.g. whisk, peeler, toaster;
- Recognise a range of basic ingredients, e.g. fruit, vegetables, bread, meat, fish, milk, eggs;
- Perform preference tests for tasting.

By the end of Year 2, a student at Dixons Manningham Primary will have the following food safety and hygiene knowledge and skills:

- Understand that dirty food is dangerous because it contains large numbers of microbes which may cause food poisoning;
- Understand that different types of foods need to be stored in different ways, e.g. cupboard, fridge, freezer;
- Demonstrate safety and cleanliness in practical work, e.g. wash hands, wear an apron, tie back long hair, do not cough over food;
- Recognise that some foods must be washed or cooked before eating;
- Use equipment safely.

| Cycle 1 | Cycle 2 | Cycle 3 |
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| Boiled eggs with dipping toast <ul style="list-style-type: none"> With supervision, use a small table knife for spreading soft spreads on to bread With close supervision, use the claw grip to cut soft foods using a serrated knife Fruit smoothie <ul style="list-style-type: none"> Use measuring spoons for liquids, solids and dry ingredients With close supervision, use the claw grip to cut soft foods using a serrated vegetable knife (eg melon) With close supervision, and physical guidance if necessary, peel harder food (eg apple) With close supervision, use a melon baller to core an apple | Cream cheese dip & dippers <ul style="list-style-type: none"> Use measuring spoons for liquids, solids and dry ingredients With close supervision, use the bridge hold to cut harder foods using a serrated vegetable knife (eg carrot pieces) With close supervision, use the claw grip to cut soft foods using a serrated vegetable knife (eg tomato) Greek salad <ul style="list-style-type: none"> With close supervision, use the bridge hold to cut harder foods using a serrated vegetable knife (eg onion) With help and supervision, assemble and arrange cold ingredients | Roast potatoes <ul style="list-style-type: none"> Use measuring spoons for liquids, solids and dry ingredients With close supervision, use the bridge hold to cut harder foods using a serrated vegetable knife (eg potato pieces) With close supervision, cut food into evenly sized largish pieces (eg potatoes) With close supervision, and physical guidance if necessary, peel harder food (eg potato) Rock buns <ul style="list-style-type: none"> Use measuring spoons for liquids, solids and dry ingredients Sift flour into bowl Mix, stir and combine liquid and dry ingredients (eg muffins/buns) With help, use hands to rub fat into flour (eg rock buns) Use hands to shape dough into small balls or shapes |
| <p>Throughout:</p> <p>Healthy Eating</p> <ul style="list-style-type: none"> Understand that we all need a balanced diet to be healthy and active and need to eat more or less of different foods Are beginning to use the Eatwell Guide Are able to eat sociably with others Understand the importance of water and drinking water regularly Understand the importance of regular meals and healthy snacks Understand the types of food that can affect the health of teeth <p>Consumer Awareness</p> <ul style="list-style-type: none"> Know that all food comes from plants or animals and can identify some foods from each group and understand how they are grown Aware that some food packaging has labels giving information Know some of the influences on the food we eat (eg celebrations, preferences) Understand the importance of not wasting food and know how to recycle packaging <p>Food Safety & Hygiene</p> <ul style="list-style-type: none"> Can follow basic food safety rules when preparing and cooking food With supervision take part in simple clearing up tasks such as clearing and cleaning tables, collecting and disposing of rubbish, sweeping the floor With supervision get ready to cook: Tie back long hair, Wash and dry hands, Put on a clean apron Understand how everyday foods are stored differently to ensure they are safe to eat (eg fridge or freezer) | | |

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| <p>Muesli</p> <ul style="list-style-type: none"> Use measuring spoons for liquids, solids and dry ingredients With close supervision, use the bridge hold to cut harder foods using a serrated vegetable knife (eg apple pieces) <p>Savory scones</p> <ul style="list-style-type: none"> Use measuring spoons for liquids, solids and dry ingredients With close supervision, grate soft food using a grater (eg cheese) Sift flour into bowl Mix, stir and combine liquid and dry ingredients (eg scones) With help, crack an egg and beat using a fork Use hands to shape dough into small balls or shapes | <p>Caribbean Red Pepper Salsa</p> <ul style="list-style-type: none"> With close supervision, use the claw grip to cut soft foods using a serrated vegetable knife (eg pepper) Drain away liquids from packaged food using a sieve or colander (eg red kidney beans) Use a lemon squeezer <p>Tzatziki and Raita</p> <ul style="list-style-type: none"> Use measuring spoons for liquids, solids and dry ingredients With close supervision, use the claw grip to cut soft foods using a serrated vegetable knife (eg cucumber) Use a lemon squeezer | <p>Mashed potatoes</p> <ul style="list-style-type: none"> With close supervision, cut food into evenly sized largish pieces (eg potatoes) With close supervision, mash cooked food (eg potatoes with a masher) With close supervision, and physical guidance if necessary, peel harder food (eg potato) <p>Stew</p> <ul style="list-style-type: none"> With close supervision, use the bridge hold to cut harder foods using a serrated vegetable knife (eg carrot, butternut squash) With close supervision, and physical guidance if necessary, peel harder food (eg potato) |
| <p>Throughout:</p> <p>Healthy Eating</p> <ul style="list-style-type: none"> Understand that we all need a balanced diet to be healthy and active and need to eat more or less of different foods Are beginning to use the Eatwell Guide Are able to eat sociably with others Understand the importance of water and drinking water regularly Understand the importance of regular meals and healthy snacks Understand the types of food that can affect the health of teeth <p>Consumer Awareness</p> <ul style="list-style-type: none"> Know that all food comes from plants or animals and can identify some foods from each group and understand how they are grown Aware that some food packaging has labels giving information Know some of the influences on the food we eat (eg celebrations, preferences) Understand the importance of not wasting food and know how to recycle packaging <p>Food Safety & Hygiene</p> <ul style="list-style-type: none"> Can follow basic food safety rules when preparing and cooking food With supervision take part in simple clearing up tasks such as clearing and cleaning tables, collecting and disposing of rubbish, sweeping the floor With supervision get ready to cook: Tie back long hair, Wash and dry hands, Put on a clean apron Understand how everyday foods are stored differently to ensure they are safe to eat (eg fridge or freezer) | | |

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| Cornbread muffins <ul style="list-style-type: none"> Begin to use a jug to measure liquids Begin to use digital weighing scales Combine using a sieve, flour, raising agents and spices together in to a bowl Crack an egg and beat with balloon whisk Mix, stir and combine wet and dry ingredients uniformly (eg to form a batter) Porridge <ul style="list-style-type: none"> Begin to use a jug to measure liquids Begin to use digital weighing scales Assemble and arrange ingredients for simple dishes | Cous cous with veggies <ul style="list-style-type: none"> Begin to use digital weighing scales With supervision, begin to use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot) With supervision, begin to peel harder food (eg carrot) Bruschetta <ul style="list-style-type: none"> With supervision, begin to use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) Assemble and arrange ingredients for simple dishes | Pasta salad <ul style="list-style-type: none"> With supervision, begin to use the claw grip to cut harder foods using a serrated vegetable knife (eg onion) With supervision, begin to peel harder food (eg carrot) Ratatouille <ul style="list-style-type: none"> Begin to use digital weighing scales With supervision, begin to use the claw grip to cut harder foods using a serrated vegetable knife (eg carrot) With supervision, begin to peel harder food (eg carrot) |
| <p>Throughout:</p> <p>Healty Eating</p> <ul style="list-style-type: none"> Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances that the body needs to be healthy and active Are able to use the Eatwell Guide Understand the value of eating sociably Understand the importance of keeping hydrated Begin to understand appropriate portion sizes for regular meals and healthy snacks Know the importance of a healthy breakfast <p>Consumer Awareness</p> <ul style="list-style-type: none"> Understand that food is caught or farmed and changed to make it safe and palatable / tasty to eat Understand that people have different views on how food is produced and that this influences the food they buy Begin to be able to read and understand food labels Understand that there are a variety of influences on the food we choose to eat (eg who we are with, season, cost, health, occasion) Know the importance of, and be able to, recycle food-related waste <p>Food Safety & Hygiene</p> <ul style="list-style-type: none"> Know and can follow basic food safety rules Understand how bacteria in food can cause food poisoning or food to go mouldy Know how to get ready to cook: Tie back long hair, Wash and dry hands, Put on a clean apron, Remove jewellery and nail varnish With guidance follow procedures for clearing up such as washing and drying utensils, clearing and cleaning tables, sweeping the floor, disposing of rubbish, putting equipment away Understand how a variety of foods are stored differently to ensure they are safe to eat (eg fridge or freezer) | | |

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| Omelet <ul style="list-style-type: none"> With supervision, grate food using a grater (eg cheese) Crack an egg and beat with balloon whisk Scones <ul style="list-style-type: none"> Combine using a sieve, flour, raising agents and spices together in to a bowl Use hands to rub fat into flour (eg scones) Knead and shape dough in to aesthetically pleasing products Use a rolling pin to roll out dough to a specific thickness (eg scones) Use biscuit cutters accurately Spread food evenly with a coating, paste or glaze | Crunchy salad <ul style="list-style-type: none"> With supervision, begin to use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) With supervision, begin to peel harder food (eg carrot) Soup <ul style="list-style-type: none"> Begin to use a jug to measure liquids With supervision, begin to use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) With supervision, begin to peel harder food (eg apple, potato) With supervision, cut foods into evenly sized strips or cubes (eg peppers) | Vegetable pasta bake <ul style="list-style-type: none"> Begin to use a jug to measure liquids With supervision, begin to use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) With supervision, begin to peel harder food (eg carrot) With supervision, cut foods into evenly sized strips or cubes (eg peppers) With supervision, crush garlic using a garlic press With supervision, grate harder food using a grater (eg carrots) Falafel <ul style="list-style-type: none"> With supervision, crush garlic using a garlic press Combine using a sieve, flour, raising agents and spices together in to a bowl <p>Mix, stir and combine wet and dry ingredients uniformly</p> |
| <p>Throughout:</p> <p>Healty Eating</p> <ul style="list-style-type: none"> Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances that the body needs to be healthy and active Are able to use the Eatwell Guide Understand the value of eating sociably Understand the importance of keeping hydrated Begin to understand appropriate portion sizes for regular meals and healthy snacks Know the importance of a healthy breakfast <p>Consumer Awareness</p> <ul style="list-style-type: none"> Understand that food is caught or farmed and changed to make it safe and palatable / tasty to eat Understand that people have different views on how food is produced and that this influences the food they buy Begin to be able to read and understand food labels Understand that there are a variety of influences on the food we choose to eat (eg who we are with, season, cost, health, occasion) Know the importance of, and be able to, recycle food-related waste <p>Food Safety & Hygiene</p> <ul style="list-style-type: none"> Know and can follow basic food safety rules Understand how bacteria in food can cause food poisoning or food to go mouldy Know how to get ready to cook: Tie back long hair, Wash and dry hands, Put on a clean apron, Remove jewellery and nail varnish With guidance follow procedures for clearing up such as washing and drying utensils, clearing and cleaning tables, sweeping the floor, disposing of rubbish, putting equipment away Understand how a variety of foods are stored differently to ensure they are safe to eat (eg fridge or freezer) | | |

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| Frittata <ul style="list-style-type: none"> With supervision, confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) Confidently crack an egg Blueberry Muffins <ul style="list-style-type: none"> Sieve wet and dry ingredients with precision Confidently crack an egg With supervision, whisk using an electric hand mixer (eg eggs) With supervision, cream fat and sugar together using an electric hand mixer | Guacamole <ul style="list-style-type: none"> With supervision, use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food (eg avocado) Spring rolls <ul style="list-style-type: none"> With supervision, confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg spring onion) With supervision, confidently peel harder food using a peeler (eg carrot) With supervision, finely grate hard foods (eg carrot) Assemble, arrange and layer more advanced dishes Spread food evenly with a coating, paste or glaze | Shepherd's pie <ul style="list-style-type: none"> Accurately use a jug to measure liquids Accurately use weighing scales With supervision, dice foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs) With supervision, confidently peel harder food using a peeler (eg potato) <p>Assemble, arrange and layer more advanced dishes</p> Dhal <ul style="list-style-type: none"> Accurately use a jug to measure liquids Accurately use weighing scales With supervision, confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) With supervision, confidently peel harder food using a peeler (eg squash) With supervision, dice foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs) |
| Throughout: Healthy Eating <ul style="list-style-type: none"> Are able to make food choices taking in to consideration the Eatwell Guide Understand the main food groups and the different nutrients that are important for health Know appropriate portion sizes and the importance of not skipping meals, including breakfast Consumer Awareness <ul style="list-style-type: none"> Understand some of the basic processes to get food from farm to plate Understand some of the ethical dilemmas associated with the food people choose to buy Are able to use information on food labels to inform choice Understand social influences on the food we choose to eat (eg media, peer pressure, ethics) Food Safety & Hygiene <ul style="list-style-type: none"> Independently get ready to cook: Tie back long hair, Wash and dry hands, Wear a clean apron, Remove jewellery and nail varnish Demonstrate good food safety practices when getting ready to store, prepare and cook food (eg keep raw meats away from other food) Know, and can follow, food safety rules and understand their purpose Can independently follow procedures for clearing up | | |

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| Huevos Rancheros <ul style="list-style-type: none"> Accurately use weighing scales With supervision, confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) With supervision, finely grate hard foods (eg zesting, parmesan cheese) Confidently crack an egg With help, begin to separate eggs Assemble, arrange and layer more advanced dishes Purim Biscuits <ul style="list-style-type: none"> Sieve wet and dry ingredients with precision Confidently crack an egg With help, begin to separate eggs With supervision, whisk using an electric hand mixer (eg eggs) With supervision, cream fat and sugar together using an electric hand mixer Use a rolling pin to roll out dough to an accurate size and thickness Assemble, arrange and layer more advanced dishes | Red bean burger <ul style="list-style-type: none"> Accurately use weighing scales With supervision, confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) Use hands to shape mixtures in to evenly sized pieces (eg burgers) Cheese straws <ul style="list-style-type: none"> Confidently crack an egg With help, begin to separate eggs Use finger tips to rub fat into flour to make fine 'bread crumbs' Use a rolling pin to roll out dough to an accurate size and thickness Spread food evenly with a coating, paste or glaze | African Vegetable Stew <ul style="list-style-type: none"> Accurately use a jug to measure liquids With supervision, confidently use both the bridge hold and claw grip to cut the same food using a serrated vegetable knife (eg onion) With supervision, confidently peel harder food using a peeler (eg potato) With supervision, dice foods and cut them into evenly sized, fine pieces (eg garlic, vegetable batons, herbs) With supervision, use a food processor or electric hand blender to mash, blend or puree hard ingredients or hot food Pizza (Yeast dough) <ul style="list-style-type: none"> Accurately use weighing scales Sieve wet and dry ingredients with precision Use a rolling pin to roll out dough to an accurate size and thickness |
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