

## Cooking Skills Progression - Holymead Primary School

<b>Elements</b>							
<b>Skills</b>	Peeling & Grating	Mixing & Kneading	Knife skills: bridge, claw and spreading	How to read a recipe	Measuring ingredients	Using a heat source safely: boiling, simmering	Chopping (Including cross chop technique)
<b>Cooking Curriculum Guidelines</b>	Use the basic principles of a healthy and varied diet to prepare dishes.	Understand where food comes from.	Understand and apply the principles of a healthy and varied diet.	Prepare and cook a variety of predominantly savoury dishes using a range of cookery techniques.	Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.		
<b>Overview of cooking across year groups</b>							
<b>This grid will be filled in for Year 22-23 ( gaps due to Covid -cooking will now run throughout the school for all year groups from Sept 22)</b>							
	Reception (YR)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Term 1/2	Christmas party food	Christmas Party food	Christmas Party food				
Term 3/4	Chinese New Year Spring rolls/dumplings	Scones and butter	Bread	Soup/roll	Libum cake (Roman day)	Chunky vegetable soup	Apple Pie
Term 5/6	Gingerbread men	Pizza	Aussie crunch	Food linked to Egyptian topic	Pizza	Chickpea burgers and salad	WW2 Teatime treats