

Food Technology Skills Progression						
	Health and Safety	Recipes and Ingredients	Nutrition Skills	Cutting and Preparation Skills	Cooking Skills	Consumer Awareness
YR	<ul style="list-style-type: none"> Understand the importance of washing hands, tying hair back and not touching face/body while cooking. Understand own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Use larger mixing bowls to limit about of spillage and splashing. Be able to put rubbish and waste in the correct bins with guidance. Be able to wash tables using warm, soapy cloths with guidance. Be able to help put equipment away with guidance. 	<ul style="list-style-type: none"> Be able to identify a small range of familiar ingredients. Be willing to try a range of ingredients. With support, be able to mix ingredients together. With support, be able to use equipment to measure ingredients. 	<ul style="list-style-type: none"> Understand that food is needed for growth and staying healthy. Understand that eating can be done with friends and enjoyed. Understand how important it is to drink plenty of water. Understand that it is important to brush teeth twice a day. 	<ul style="list-style-type: none"> Understand that eating food that has fallen onto the floor/been touched with dirty hands/grown mouldy is not safe to be eaten and might make you ill. With adult supervision and guidance by an adult to physically help, be able to use the bridge hold to cut soft foods with a table/butter knife. Be able to peel fruit with hands. Be able to tear foods to divide them. Be able to use cutlery to eat a meal. Be able to spread using a table/butter knife. Use hands to shape dough into simple shapes and use a biscuit cutter to cut, with adult guidance. Be able to use a rolling pin with adult guidance. Be able to prepare food for baking by either greasing a tin/tray or putting cake cases onto trays. 	<ul style="list-style-type: none"> Mix and sift to combine cold ingredients in a bowl with help. Observe adults using hobs, ovens, toasters and microwaves. Be able to spoon food onto plates with adult guidance. Be able to sprinkle garnishing onto food with adult guidance. 	<ul style="list-style-type: none"> Identify which animals and plants some foods come from (e.g. milk from cows, tomatoes from plants). Understand that food can be grown or bought from shops. Know that some special foods are eaten on special occasions.
Y1	<ul style="list-style-type: none"> Understand the importance of washing hands, tying hair back and not touching face/body while cooking. Be able to sweep the floor of any scraps. Be able to put all used and dirty equipment in a washing up bowl. Be able to put rubbish and waste in the correct bins with some guidance. Be able to help put equipment away with some guidance. 	<ul style="list-style-type: none"> Recognise a range of familiar ingredients. Be able to describe the taste of a range of ingredients. Be able to identify what they like and dislike about food. Start to be able to improve taste of foods they have cooked with some support. Be able to follow simple recipes. Be able to make adaptations with some support. 	<ul style="list-style-type: none"> Understand that there are different types of foods and we need to eat more of some than others. Be able to use the Eat Well plate with some support and understand that it is important to have a balanced diet. Be able to eat food socially with friends. Understand how important it is to drink water regularly. Understand that it is important to have regular meals and healthy snacks. 	<ul style="list-style-type: none"> With adult supervision, be able to use the bridge hold to cut harder foods using a serrated knife with a 8-9cm blade. With adult supervision, use the claw grip to cut soft foods using a serrated knife with a 8-9cm blade. With adult supervision, cut food into evenly sized large pieces or appropriate sized pieces to serve purpose. Be able use a table/butter knife to be able to spread soft items. 	<ul style="list-style-type: none"> With adult supervision, be able to assemble and arrange cold ingredients. Observe adults using hobs, ovens, toasters and microwaves. 	<ul style="list-style-type: none"> Know that all food comes from either plants or animals. Able to identify where some foods from each of the groups come from. Understand that labels on packaging tell people information about the food. Understand the importance of not wasting food. Be able to recycle with some guidance.
Y2	<ul style="list-style-type: none"> Understand the importance of washing hands, tying hair back and not touching face/body while cooking. Be able to sweep the floor of any scraps. Be able to put all used and dirty equipment in a washing up bowl. Be able to put rubbish and waste in the correct bins with some guidance. Be able to wash tables using warm, soapy cloths independently. Be able to help put equipment away with some guidance. 	<ul style="list-style-type: none"> Be able to use measuring spoons to measure liquids, solids and dry ingredients. Recognise a range of familiar ingredients. Be able to describe the taste of a range of ingredients. Be able to identify what they like and dislike about food, which they have cooked. Start to be able to improve taste of foods they have cooked with some support. Be able to follow simple recipes. Be able to make adaptations with some support. Be able to mix ingredients together. 	<ul style="list-style-type: none"> Understand that there are different types of foods and we need to eat more of some than others. Be able to use the Eat Well plate with some support and understand that it is important to have a balanced diet. Be able to eat food socially with friends. Understand how important it is to drink water regularly. Understand that it is important to have regular meals and healthy snacks. 	<ul style="list-style-type: none"> Be able to shape dough into shapes accurately Be able use a rolling pin to flatten and roll out dough. Be able to knead and shape dough into aesthetically pleasing products. Be able to prepare food for baking by either greasing a tin/tray or putting cake cases onto trays. 	<ul style="list-style-type: none"> With adult supervision, be able to assemble and arrange cold ingredients. Be able to use and read digital weighing scales with accuracy. Be able to make some changes to recipes and explain why. Be able to stir, mix and combine wet and dry ingredients. Observe adults using hobs, ovens, toasters and microwaves. 	<ul style="list-style-type: none"> Know that all food comes from either plants or animals. Able to identify where some foods from each of the groups come from. Understand that labels on packaging tell people information about the food. Know that some foods are used for celebrating certain occasions Understand the importance of not wasting food. Be able to recycle with some guidance.
Y3	<ul style="list-style-type: none"> Understand the importance of washing hands, tying hair back and not touching face/body while cooking. Be able to sweep the floor and dispose of the waste with adult direction. Be able to scrape scraps of food from plates, bowls and pans. Be able to collect rubbish and waste and dispose in the correct bins. Be able to wash used items and dry them fully with an adult supervising. Be able to put away items in their correct places with an adult supervising. Understand that different foods need to be stored in different ways. Understand and adhere to basic food safety rules. Understand how bacteria can cause food to go mouldy or cause food poisoning. 	<ul style="list-style-type: none"> Be able to recognise and name a wide variety of different ingredients. Be able to describe a variety of foods simply in terms of their flavour, texture, appearance and smell. Be able to identify where a variety of foods come from. Be able to suggest ways in which they might be able to improve a recipe for next time. Be able to follow a simple recipe with accuracy. Be able to recognise appropriate ingredients to use as garnishing on both hot and cold food. 	<ul style="list-style-type: none"> Understand what constitutes a healthy and balanced diet. Understand that different foods and drinks provide different substances that the body requires in order to be healthy and active. Be able to use the Eat Well guide and understand what each food category means. Understand the importance and value of eating socially. Be able to use correct portion sizes and understand the importance of eating regular meals. Understand the value of a healthy breakfast. 	<ul style="list-style-type: none"> Be able to use the claw grip to cut harder foods using a serrated vegetable knife with some adult guidance. Be able to use the bridge and claw grip to cut the same food with a serrated vegetable knife, with some adult guidance. Be able to assemble and arrange ingredients for simple dishes. 	<ul style="list-style-type: none"> Be able to handle hot food safely with some adult guidance. Observe adults removing food from the oven. Be able to use oven gloves to remove food from baking trays. Be able to sprinkle garnish onto hot dishes. Be able to understand appropriate portion sizes when dishing up food. 	<ul style="list-style-type: none"> Understand that foods come from different places; some are caught or farmed, and others are changed to make them safe and palatable to eat. Understand that people have different views about the way in which food is produced and that this influences the way that they buy food. Be able to read and understand a variety of food labels. Understand that there are a variety of external influences that affect the food choices we make. Know the importance of recycling and howto manage food-waste correctly.

Y4	<ul style="list-style-type: none"> Understand the importance of washing hands, tying hair back and not touching face/body while cooking. Be able to sweep the floor and dispose of the waste with adult direction. Be able to scrape scraps of food from plates, bowls and pans. Be able to collect rubbish and waste and dispose in the correct bins. Be able to wash used items and dry them fully with an adult supervising. Be able to put away items in their correct places with an adult supervising. Understand that different foods need to be store in different ways. Understand and adhere to basic food safety rules. Understand how bacteria can cause food to go mouldy or cause food poisoning 	<ul style="list-style-type: none"> Be able to recognise and name a wide variety of different ingredients. Be able to describe a variety of foods simply in terms of their flavour, texture, appearance and smell. Be able to identify where a variety of foods come from. Be able to suggest ways in which they might be able to improve a recipe for next time. Be able to follow a simple recipe with accuracy. Be able to make some changes to recipes and explain why. 	<ul style="list-style-type: none"> Understand what constitutes a healthy and balanced diet. Understand that different foods and drinks provide different substances that the body requires in order to be healthy and active. Be able to use the Eat Well guide and understand what each food category means. Understand the importance and value of eating socially. Be able to use correct portion sizes and understand the importance of eating regular meals. Understand the value of a healthy breakfast. 	<ul style="list-style-type: none"> Be able to use the claw grip to cut harder foods using a serrated vegetable knife with some adult guidance. Be able to use the bridge and claw grip to cut the same food with a serrated vegetable knife, with some adult guidance. Be able to use a masher to mash food, until achieving a fairly smooth texture with some adult supervision. Be able to peel harder foods. Be able to cut food into evenly sliced strips or cubes, with some adult guidance. Be able to crush garlic using a garlic press, with some adult guidance. Be able to grate harder foods using a grater, with some adult guidance. Be able to drain away liquids from packaged food using a sieve or colander with some adult direction. Be able to assemble and arrange ingredients for simple dishes. Be able to spread ingredients onto a range of foods. 	<ul style="list-style-type: none"> Be able to use the hob with supervision. Be able to handle hot food safely with some adult guidance. Be able to recognise appropriate ingredients to use as garnishing on both hot and cold food. Be able use measuring spoons or jugs to serve equal portions with some adult support. Be able to understand appropriate portion sizes when dishing up food. 	<ul style="list-style-type: none"> Understand that foods come from different places; some are caught or farmed, and others are changed to make them safe and palatable to eat. Understand that people have different views about the way in which food is produced and that this influences the way that they buy food. Be able to read and understand a variety of food labels. Understand that there are a variety of external influences that affect the food choices we make. Know the importance of recycling and how to manage food-waste correctly.
Y5	<ul style="list-style-type: none"> Understand the importance of washing hands, tying hair back and not touching face/body while cooking. Be able to sweep the floor and dispose of the waste independently. Be able to scrape scraps of food from all surfaces (including chopping boards). Be able to collect and dispose of waste correctly and explain the difference between different bins. Be able to recycle items correctly without much guidance. Demonstrate good food safety and hygiene practices when preparing, storing and cooking different foods. Understand and follow a role of food safety rules independently. 	<ul style="list-style-type: none"> Know and identify an extensive range of ingredients and how these are grown. Be able to identify how they would change a recipe to improve the food. Use a range of food descriptors relating to smell, texture, flavour and appearance. Independently read and follow a recipe. 	<ul style="list-style-type: none"> Be able to make food choices and take into consideration the Eat Well plate. Understand that the main food groups provide the necessary nutrition that humans need in order to maintain a healthy and active lifestyle. Be able to identify different foods from the Eat Well guide. Understand appropriate portion sizes. Understand the importance of regular meals and why it is important to not skip meals. 	<ul style="list-style-type: none"> Be able to use the bridge and claw grip on the same food item using a serrated vegetable knife, with limited support. Be able to peel harder food using a peeler, with limited support. Be able to dice and cut foods into evenly sized small pieces, with limited support. Be able to assemble, arrange and layer more advanced dishes. 	<ul style="list-style-type: none"> Be able to use a measure jug to measure liquids. Be able to use the hob confidently. Use a sieve to combine a collection of ingredients including flour, spices or raising agents in a bowl. Understand how to put food in and remove food from the oven safely – with an adult doing the work. Be able to use the hob or electric saucepan independently. Be able to use a spoon, ladle or jug to serve hot liquids, with limited support. Understand appropriate portion sizes when serving food. Be able to plan and serve their own simple balanced meal. 	<ul style="list-style-type: none"> Understand some of the basic processes which are used to get food from farm to plate. Understand the ethical dilemmas associated with the foods that people choose to buy. Be able to understand and identify the different types of information that is presented on food packaging labels. Be able to use information on food packaging labels to inform eating choices.
Y6	<ul style="list-style-type: none"> Understand the importance of washing hands, tying hair back and not touching face/body while cooking. Be able to sweep the floor and dispose of the waste independently. Be able to scrape scraps of food from all surfaces (including chopping boards). Be able to collect and dispose of waste correctly and explain the difference between different bins. Be able to recycle items correctly without much guidance. Demonstrate good food safety and hygiene practices when preparing, storing and cooking different foods Understand and follow a role of food safety rules independently. 	<ul style="list-style-type: none"> Know and identify an extensive range of ingredients and how these are grown. Be able to identify how they would change a recipe to improve the food. Use a range of food descriptors relating to smell, texture, flavour and appearance Be able to compare different versions of the same dish and identify how they would change the recipe the next time Independently read and follow a recipe. 	<ul style="list-style-type: none"> Be able to make food choices and taken into consideration the Eat Well plate Understand that the main food groups provide the necessary nutrition that humans need in order to maintain a healthy and active lifestyle. Be able to identify different foods from the Eat Well guide. Understand appropriate portion sizes. Understand the importance of regular meals and why it is important to not skip meals. 			