



Progression of Skills, Understanding and Knowledge in Food Technology

Cooking	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8
		Stage 1	Stage 2	Stage 3	Stage 4	Stage 4	Stage 4	Stage 5	Stage 5
Hygiene & Safety It is important to store, prepare & cook food safely & hygienically		<ul style="list-style-type: none"> I can get ready to cook with some help: Tie back long hair Roll up long sleeves Remove jewellery Remove watches Put on an apron Wash my hands I know what germs are I know why we need to wash our hands I can give examples of foods which should be kept in the fridge, cupboard or freezer I can clear up and sweep the floor 	<ul style="list-style-type: none"> I can get ready to cook and remember what I need to do with growing independence: Tie back long hair Roll up long sleeves Remove any jewellery Remove watches Put on an apron Wash my hands I know what germs are and why we need to wash our hands well I know why we need to wash or cook food I know that there are storage instructions on most food packaging, and I can identify and use these. I can clear up, wash and dry with help 	<ul style="list-style-type: none"> I can get ready to cook and remember what I need to do independently. I know that there are date marks ('use by' and 'best before') on foods and I can identify and use these. I can wash and dry equipment well and explain why it is important to do this e.g allergy, hygiene, food safety I know some foods are perishable and others are non-perishable I know some foods need to be stored in the fridge. 	<ul style="list-style-type: none"> I can get myself ready to cook and talk about and demonstrate what I should do during and after I cook. I know that different foods should be stored in different places in the fridge to keep it at its best & preventing cross contamination e.g. <i>Lettuce, cucumber - salad drawer keeps it crisp</i> <i>Raw meat and fish – bottom</i> <i>Cheese, ready cooked food – top shelves to keep away from juices of raw foods.</i> I know what temperature a fridge and freezer needs to be and what temperature food should be I can follow procedures for clearing up after cooking with increased independence. 	<ul style="list-style-type: none"> I can get myself ready to cook and talk about and demonstrate what I should do during and after I cook. I know how food can be cross-contaminated. I know that leftover food must be covered and stored correctly and eaten in an appropriate time frame. I can explain that foods not stored correctly can spoil and decay due to the action of micro-organisms, insects and other pests. I can follow procedures for clearing up after cooking independently. 			





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Equipment There are lots of different pieces of equipment used in cooking, some of which have special jobs.		<ul style="list-style-type: none"> • I can name a basic range of cooking equipment and appliances and explain what they do. e.g. • <i>Bowl (mixing)</i> • <i>Spoon (mixing)</i> • <i>Fork & Knife (butter/table)</i> • <i>Rolling pin</i> • <i>Cutters</i> • <i>Weighing scales</i> • <i>Chopping board</i> • <i>Cake tin</i> • <i>Toaster</i> • I can use a basic range of equipment with support. 	<ul style="list-style-type: none"> • I can name an increasing range of cooking equipment and appliances and explain what they do. e.g. • <i>Baking Tray</i> • <i>Muffin Tray</i> • <i>Loaf Tin</i> • <i>Measuring spoons</i> • <i>Sieve</i> • <i>Microwave</i> • <i>Oven</i> • <i>Saucepan</i> • I can use an increasing range of equipment with supervision. 	<ul style="list-style-type: none"> • I can name a range of cooking equipment and appliances explain what it does. e.g. • <i>Spatula</i> • <i>Egg turner</i> • <i>Peeler</i> • <i>Vegetable knife</i> • <i>Whisk</i> • <i>Measuring jug</i> • <i>Hob</i> • <i>Colander</i> • <i>Sieve</i> • <i>Frying Pan</i> • I can use an increasing range of equipment and appliances with growing confidence and independence. 	<ul style="list-style-type: none"> • I can name an extended range of cooking equipment which I may not have used before and explain its function and how it is designed for its purpose. e.g. • <i>Palette knife</i> • <i>Garlic Press</i> • <i>Ladle</i> • <i>Wok</i> • <i>Pastry brush</i> • <i>Icing pipe/bag</i> • <i>Coloured Chopping Boards</i> • <i>Blender</i> • I can use a range of equipment with confidence and accuracy. 	<ul style="list-style-type: none"> • I can use an extended range of cooking equipment independently. • I can select the most appropriate equipment for what I am making. 			





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Skills There are a number of basic food skills which enable us to cook a variety of dishes.		<ul style="list-style-type: none"> I can name and demonstrate a range of basic cooking skills with support. e.g. Weighing & Measuring Use spoons to measure dry ingredients Cutting & Knife Skills Cut soft foods with a table knife e.g. strawberries, banana Spread soft ingredients using a table knife Crush soft foods using a masher Cut dough using pastry cutters with help 	<ul style="list-style-type: none"> I can name and demonstrate a range of basic cooking skills with growing confidence. e.g. Weighing & Measuring Use spoons to measure liquids as well as dry ingredients Cutting & Knife Skills Slice soft foods with a serrated knife e.g. tomatoes Cut using the 'Bridge' hold with help Peel vegetables & fruit Snip vegetables Grate soft foods like Cheese Cut dough with increased accuracy 	<ul style="list-style-type: none"> I can name and demonstrate a range of cooking skills with increasing competence and accuracy. e.g. Weighing & Measuring Begin to use digital scales, measuring jugs and spoons Cutting & Knife Skills Cut firmer foods with a serrated knife e.g. carrots/onions Cut using the 'Bridge' hold with growing confidence Cut using a fork to hold food in place securely Snip with greater control Grate firmer foods 	<ul style="list-style-type: none"> I can name and demonstrate a range of cooking skills with confidence and accuracy. e.g. Weighing & Measuring Use scales, measuring jugs and spoons with growing accuracy Cutting & Knife Skills Begin to dice and cut food into roughly the same size pieces Cut using the 'Bridge' and 'Claw' grips with increased confidence Crush garlic using a press Cut out with cutters (positioning carefully to avoid waste) 	<ul style="list-style-type: none"> I can name and demonstrate a range of cooking skills to prepare increasingly challenging ingredients. Weighing & Measuring Use scales, measuring jugs and spoons accurately Cutting & Knife Skills Dice and cut food into cubes/strips evenly Cut firmer foods using the 'Bridge' and 'Claw' method with confidence and accuracy & know when to use each method Peel to create ribbons Grate with greater control & skill –zesting 			





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Skills There are a number of basic food skills which enable us to cook a variety of dishes.		<ul style="list-style-type: none"> • Mixing • Combine small amounts of cold ingredients in a bowl e.g. fruit • Shaping & Assembling • Use hands to shape dough into simple shapes • Thread soft foods onto cocktail sticks e.g. cheese, satsuma, pineapple 	<ul style="list-style-type: none"> • Mixing • Crack an egg with help and beat with a fork • Stir wet ingredients together with help • Sieve flour with help • Shaping & Assembly • Use hands to shape dough into small ball shapes • Spoon ingredients into containers / cake cases with help 	<ul style="list-style-type: none"> • Mixing • Crack an egg and whisk with minimal help • Mix ingredients together with increased thoroughness • Sieve with increased accuracy into a bowl • Shaping & Assembly • Knead & shape dough into aesthetically pleasing products e.g. bread rolls • Spoon mixtures into cake cases using two spoons with growing accuracy • Coat ingredients with milk, batter or breadcrumbs 	<ul style="list-style-type: none"> • Mixing • Crack an egg with increased confidence • Mix ingredients together thoroughly • Rub ingredients together to make breadcrumbs • Use creaming method to combine ingredients • Shaping & Assembly • Use a rolling pin to roll out dough to an accurate size and thickness e.g. pizza • Spoon mixtures into cake cases with increased accuracy • Thread medium resistance foods onto kebab sticks e.g. mushrooms/courgettes 	<ul style="list-style-type: none"> • Mixing • Crack an egg well with little or no shell to remove • Fold ingredients together well • Recognise when and why a mixture 'splits' • Shaping & Assembly • Select & use a range of techniques to shape dough • Thread firmer foods onto kebab sticks e.g. onions/peppers • Assemble and arrange food so it is aesthetically pleasing 			





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Skills There are a number of basic food skills which enable us to cook a variety of dishes.		<ul style="list-style-type: none"> • Heating • Prepare food for cooking e.g. cake cases in a tray <ul style="list-style-type: none"> • Planning & Making • I can give examples of foods typically eaten at different mealtimes • I can make a simple dish with support 	<ul style="list-style-type: none"> • Heating • Begin to use a toaster with help • I can name and use basic cooking techniques with help e.g. baking, toasting <ul style="list-style-type: none"> • Planning & Making • I can explain some of the reasons why not all people eat the same food • I can follow a simple recipe and make a dish with supervision 	<ul style="list-style-type: none"> • Heating • Use basic electrical equipment with increased independence • Use a hob/oven with help • I can name and use a growing range of cooking techniques with supervision e.g. • Heating • Boiling • Frying <ul style="list-style-type: none"> • Planning & Making • I know if I am making food for other people I need to think of their needs • I can follow a simple recipe with growing independence 	<ul style="list-style-type: none"> • Heating • Use a hob/oven with increased confidence and supervision • Understand the importance of being responsible when using ovens/hobs and the risks attached to using them • I can name and use an increasing range of cooking techniques e.g. • Simmering • Stir Frying <ul style="list-style-type: none"> • Planning & Making • I can modify a recipe to make it suit different people or occasions • I can follow a recipe and instructions to make a dish with some guidance 	<ul style="list-style-type: none"> • Heating • Use a hob/oven with confidence and independence • I can name and use a greater range of cooking techniques including: • Par-boiling • Steaming • Poaching • Sauteing • Roasting <ul style="list-style-type: none"> • Planning & Making • I can modify a recipe to make it healthy based on the Eat Well plate • I can follow a recipe with increased independence 			





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Ingredients There are a variety of ingredients that can be used for cooking in the UK and around the world.		<ul style="list-style-type: none"> • I can recognise, name and use a basic range of ingredients. e.g. • <i>Cheese</i> • <i>Flour</i> • <i>Bread</i> • <i>Spread</i> • <i>Eggs</i> • <i>Milk</i> • <i>Yogurt</i> • <i>Fruit - bananas, strawberries, peaches</i> • <i>Salad - lettuce, cucumber, tomato</i> 	<ul style="list-style-type: none"> • I can recognise, name and use an increasing range of ingredients. e.g. • <i>Onions</i> • <i>Peppers</i> • <i>Herbs - basil</i> • <i>Tomato puree</i> • <i>Pulses – kidney beans, chickpeas</i> • <i>Apricots</i> • <i>Courgettes</i> • <i>Baking powder</i> • I can give examples of how ingredients need to be prepared before they are eaten. e.g. • <i>Apple - washed</i> • <i>Banana, Satsuma- peeled</i> • <i>Potato – peeled and cooked</i> 	<ul style="list-style-type: none"> • I can recognise, name and use a variety of ingredients from around the world. e.g. • <i>Pasta</i> • <i>Rice</i> • <i>Olives</i> • <i>Feta Cheese</i> • <i>Pepperoni</i> • <i>Pak choi</i> • I can give examples of ingredients that come from shops, markets and can be grown at home. 	<ul style="list-style-type: none"> • I can describe and demonstrate how to grow some foods. e.g. • <i>Cress</i> • <i>Potatoes</i> • <i>Tomatoes</i> • <i>Herbs</i> • I can demonstrate how ingredients need to be prepared before they are eaten • I try to minimise waste when I am cooking 	<ul style="list-style-type: none"> • I know that ingredients are prepared differently depending on culture, county, custom & religion. e.g. • <i>Sushi - fish prepared and eaten raw</i> • <i>Jewish dietary law – not to prepare or eat dairy products or meat in together</i> • <i>Chinese stir fries - cooked in a hot wok</i> • I can explain where in a shop to find different ingredients e.g. • <i>Cheese, milk, yogurt – refrigerator or chilled area</i> • <i>Canned peaches, bread, dried pasta – shelves</i> • <i>Frozen peas – freezers</i> 			





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Tasting		<ul style="list-style-type: none"> I am willing to taste different ingredients and say what I think of them. 	<ul style="list-style-type: none"> I am willing to taste different basic ingredients and can describe them using sensory vocabulary. e.g. <ul style="list-style-type: none"> <i>Aroma (smell) –fruity</i> <i>Taste – sweet</i> <i>Texture – bumpy</i> 		<ul style="list-style-type: none"> I am willing to taste an increasing variety of ingredients and can describe them using sensory vocabulary. e.g. <ul style="list-style-type: none"> <i>Aroma (smell) –fruity</i> <i>Taste – sweet</i> <i>Texture – bumpy</i> 		<ul style="list-style-type: none"> I use increasing descriptive sensory vocabulary to describe the ingredients I taste. <ul style="list-style-type: none"> Aroma – savoury Taste – bitter Texture – flaky 		<ul style="list-style-type: none"> I try ingredients purposefully to determine which is most appropriate for the dish I am making.
Healthy Eating Food and drink provide energy & nutrients. The Eat Well Guide helps us to understand what is healthy.		<ul style="list-style-type: none"> We need food and drink to stay alive. I know that people need food and drink to stay alive. I know that food and drink help me to grow, be active and stay healthy. I know we need more of some foods than others. 	<ul style="list-style-type: none"> We need a variety and balance of food (and drinks) to stay healthy, as depicted in the Eatwell Guide I recognise the Eatwell Guide as a model which shows me how to eat healthily. I can sort a selection of foods into the five Eatwell Guide food groups. 		<ul style="list-style-type: none"> I know that what people around the world eat depends on reasons such as availability, preference, resources, time, culture and religion. I know that what is eaten in different countries around the world can look different but it usually includes combinations of foods from the same the Eatwell Guide groups. 		<ul style="list-style-type: none"> I can use the Eatwell Guide model and messages to help me make healthy choices and plan healthy meals and menus for myself and others. I know that different factors can affect our food choices and I can give some examples of these. e.g. availability, cost, advertising, pressure. 		<ul style="list-style-type: none"> I understand that I need the nutrients - carbohydrate, protein, fat, vitamins and minerals - as well as fibre and water to be healthy. I know that energy is provided by the nutrients carbohydrate, protein and fat. I know that all food and drink provide nutrients.





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Healthy Eating Food and drink provide energy & nutrients. The Eat Well Guide helps us to understand what is healthy.		<ul style="list-style-type: none"> I know that everyone should eat at least 5 portions of fruit and vegetables every day. I can talk about foods I like and dislike and explain why. I know that we eat different foods depending on the time of day, occasion and our lifestyle. 	<ul style="list-style-type: none"> I can put together a simple, balanced meal (and include a drink) by choosing foods from the Eatwell Guide. I know that different people eat or avoid certain foods for different reasons and I can give some of these reasons, e.g. allergy, intolerance, religious belief. 	<ul style="list-style-type: none"> I know that the word 'diet' means the amount and range of food eaten. I know that a variety and balance of food and drink is needed to make a healthy diet. I understand that the different proportions of the Eatwell Guide reflect the proportions of foods which should be eaten from each group. I know that I need to have 6-8 drinks a day and more if it is hot or I am active. 	<ul style="list-style-type: none"> I know that different types of food provide different amounts of energy and this is measured in kilojoules (metric) and kilocalories (imperial). I know that different amounts of energy are needed by the body for different activities and different people need different amounts of energy. I know that different amounts of food (portions) provide different amounts of energy and it is important to be aware of portion size when choosing food and drinks. 	<ul style="list-style-type: none"> I know that most foods and drinks contain a main nutrient but they will also contain others in smaller amounts. I know that some foods provide fibre which is not digested but helps to keep the digestive system healthy. I can explain the basic function of each nutrient (carbohydrate, protein, fat, vitamins and minerals) and link this to the Eatwell Guide food group. I can identify, interpret and use the nutrition panel on food packaging to help me make food choices. 			





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Food & Farming All food comes from plants & animals. Plants & animals produce different foods in different ways.		<ul style="list-style-type: none"> I know all food is from plants and animals. I can give simple examples of foods from plant & animal sources. I can sort a basic number of foods into plant or animal groups. I can name simple foods which grow above ground (on bushes, trees and vines) and those which grow below ground.e.g. <i>Underground – carrots, parsnips</i> <i>Above ground – strawberries, apples</i> I can give examples of some foods made by animals e.g eggs, milk 	<ul style="list-style-type: none"> I can give examples of a an increased number of foods from plant and animal sources. I can sort a larger variety of foods into plant or animal groups. I can name a variety of foods which grow above ground and below ground. e.g. <i>Underground – parsnips, beetroot,</i> <i>Above ground – asparagus, Brussel Sprouts</i> I can give examples of foods from different animals. e.g. <i>Sausages from a pig</i> <i>Fish fingers from a cod</i> 	<ul style="list-style-type: none"> I can name the sources of common ingredients found in different dishes and meals. e.g. <i>Pizza</i> <i>Base made with flour from wheat</i> <i>Sauce from tomatoes</i> <i>Ham from a pig</i> <i>Cheese made from milk</i> I can say which part of a plant different foods come from. e.g. <i>Celery - a plant stem</i> <i>Carrots - plant roots</i> <i>Potatoes - tubers which is part of the root of a plant.</i> I can give examples of foods from different animals e.g. mince beef -beef bull, venison-deer 	<ul style="list-style-type: none"> I can find out about the ingredients used in different dishes, where those ingredients come from and how they are produced. e.g. <i>Apple pie</i> <i>Apples – apple trees</i> <i>Sugar – from sugar beat</i> <i>Flour – from wheat</i> <i>Butter – from cream</i> I know that foods from animals can come from different parts of the animal. e.g. <i>Chicken wing, breast or thigh</i> I can identify where a wide range of foods come from (plant or animal) and talk about how the foods are produced. 	<ul style="list-style-type: none"> I can find out about the ingredients used in different dishes from around the world, where those ingredients come from and how they are produced. e.g. <i>Vegetable Curry</i> <i>Okra</i> <i>Rice</i> <i>Spices</i> I know that foods from animals can come from different parts of the animal. e.g. <i>Pork ribs, Shoulder of lamb, White crab meat from the claws and legs</i> I can identify where a wide range of foods come from and talk about how the foods are produced 			





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Food & Farming	<p>Food has to be farmed, caught or grown at home. Food is produced all around the world. Food is changed from farm to fork.</p>	<ul style="list-style-type: none"> I can give some basic examples of how animals are farmed. e.g. I can say: <ul style="list-style-type: none"> <i>where they live</i> <i>what they eat</i> <i>how they are cared for</i> I can give some basic examples of how plants are farmed. e.g. I can say: <ul style="list-style-type: none"> <i>how they grow</i> <i>how they are harvested</i> <i>what produce is produced at the end</i> I can give examples of foods people grow at home and name some foods which come from the area where I live. 	<ul style="list-style-type: none"> I can give an increased number of examples of how animals are farmed. e.g. I can say: <ul style="list-style-type: none"> <i>where they live</i> <i>what they eat</i> <i>how they are cared for</i> I can give an increased number of examples of how plants are farmed. e.g. I can say: <ul style="list-style-type: none"> <i>how they grow</i> <i>how they are harvested</i> <i>what produce is produced at the end</i> I can name some foods which come from the area where I live. 	<ul style="list-style-type: none"> I can give a variety of examples of how plants and animals are farmed. <ul style="list-style-type: none"> I can name foods which are produced in the UK. e.g. <ul style="list-style-type: none"> <i>Apples in Warwickshire</i> <i>Turkeys in Norfolk</i> <i>Cheddar cheese in Somerset</i> <i>Beef in Yorkshire</i> I can give some examples of foods that grow in different seasons in the UK and talk about why. e.g <ul style="list-style-type: none"> <i>Spring – cauliflower</i> <i>Summer – strawberries</i> <i>Autumn – pumpkin</i> <i>Winter - sprouts</i> 	<ul style="list-style-type: none"> I can name foods which are produced outside of the UK. e.g. <ul style="list-style-type: none"> <i>Watermelon</i> <i>Yam</i> <i>Plantain</i> <i>Bananas</i> <i>Lemons</i> I can give examples of foods which grow in different places in the UK due to light, temperature and weather conditions. e.g. <ul style="list-style-type: none"> <i>Grapes</i> <i>Soft fruits</i> <i>Tree fruits</i> 	<ul style="list-style-type: none"> I can name foods which are produced outside of the UK. e.g. <i>Plantain, Bananas, Lemons</i> and explain why these foods have to be imported from different countries. I can give examples of foods which grow in different places across the world due to climate and conditions. e.g. <ul style="list-style-type: none"> Rice Oranges Olives 			





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Food & Farming Food is changed from farm to fork. Food is processed on different levels to make it edible and safe.		<ul style="list-style-type: none"> I can give some basic examples of how a food changes from farm to fork to make it safe to eat. e.g. <i>Apples – harvested – washed – peeled – chopped – cooked (or eaten raw)</i> 	<ul style="list-style-type: none"> I can give an increasing number of examples of how a food changes from farm to fork to make it safe to eat. e.g. <i>Carrots – harvested – washed – peeled – chopped – cooked (or eaten raw)</i> I can give some examples of how we process food at home to make it edible and safe to eat. e.g. <i>Wash, peel and cook vegetables</i> <i>Cook meat, eggs and fish.</i> 		<ul style="list-style-type: none"> I can give a variety of examples of how we process food at home to make it edible and safe to eat. e.g. <i>Wash, peel and cook vegetables</i> <i>Cook meat, eggs and fish.</i> I know that some of our food is processed on a large scale in factories to make it safe to eat and give simple examples e.g. <i>Fish fingers – fish is washed, cut to size, coated in crumbs and frozen ready to take home and cook.</i> 		<ul style="list-style-type: none"> I can give examples of how foods from animals are processed to make them safe to eat. e.g. <i>Milk is heat treated to kill any harmful bacteria</i> <i>Meat is cooked to kill and harmful bacteria</i> I can give some examples of how food is processed on a large scale such as in factories and restaurants to make it safe to eat. e.g. <i>Bakery – flour is combined with other ingredients and cooked.</i> 		<ul style="list-style-type: none"> I can give examples of how foods from animals are processed to make them safe to eat. e.g. <i>Milk is heat treated to kill any harmful bacteria</i> <i>Meat is cooked to kill and harmful bacteria</i> I can give examples of how food is processed on a large scale to make it safe to eat. e.g. <i>Ready meals</i> I can give examples of how food is processed before and after it is imported to the UK from other countries e.g. <i>Orange Juice</i>





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