

# Progression of Skills, Understanding and Knowledge in Cooking

Unit	Year 7	Year 8	Year 9
	Stage 5		
<p><b>Hygiene &amp; Safety</b> It is important to store, prepare &amp; cook food safely &amp; hygienically</p> <p><b>Food in the Community</b> (year 9)</p>	<ul style="list-style-type: none"> <li>• I can get myself ready to cook and talk about and demonstrate what I should do during and after I cook.</li> <li>• I know how food can be cross-contaminated.</li> <li>• I know that leftover food must be covered and stored correctly and eaten in an appropriate time frame.</li> <li>• I can explain that foods not stored correctly can spoil and decay due to the action of micro-organisms, insects and other pests.</li> <li>• I can follow procedures for clearing up after cooking independently.</li> </ul>	<ul style="list-style-type: none"> <li>• I know how food can be cross contaminated and avoid cross contamination in my cooking.</li> <li>• I ensure left over food is covered</li> <li>• I understand what food hygiene ratings are and where to find these</li> <li>• I know how to correctly handle different food types</li> <li>• I ensure I keep my area clean before, during and after cooking.</li> </ul>	



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<p><b>Equipment</b> There are lots of different pieces of equipment used in cooking, some of which have special jobs.</p> <p><b>Preparation of Work Food (year 9)</b> There are lots of different pieces of equipment used in cooking, some of which have special jobs.</p>	<ul style="list-style-type: none"><li>• I can use an extended range of cooking equipment independently.</li><li>• I can select the most appropriate equipment for what I am making.</li></ul>	<ul style="list-style-type: none"><li>• I can use an extended range of cooking equipment independently.</li><li>• I can select the most appropriate equipment for what I am making and use it independently.</li><li>• I can choose recipes that use a wide variety of equipment and I know where to find the equipment.</li></ul>	

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<p style="text-align: center;"><b>Skills</b></p> <p>There are a number of basic food skills which enable us to cook a variety of dishes.</p> <p style="text-align: center;"><b>Progression of Skills (year 9)</b></p> <p>There are a number of basic food skills which enable us to cook a variety of dishes.</p>	<ul style="list-style-type: none"> <li>• I can name and demonstrate a range of cooking skills to prepare increasingly challenging ingredients.</li> <li>• <b>Weighing &amp; Measuring</b></li> <li>• Use scales, measuring jugs and spoons accurately</li> <li>• <b>Cutting &amp; Knife Skills</b></li> <li>• Dice and cut food into cubes/strips evenly</li> <li>• Cut firmer foods using the 'Bridge' and 'Claw' method with confidence and accuracy &amp; know when to use each method</li> <li>• Peel to create ribbons</li> <li>• Grate with greater control &amp; skill –zesting</li> <li>• <b>Mixing</b></li> <li>• Crack an egg well with little or no shell to remove</li> <li>• Fold ingredients together well</li> <li>• Recognise when and why a mixture 'splits'</li> <li>• <b>Shaping &amp; Assembly</b></li> <li>• Select &amp; use a range of techniques to shape dough</li> <li>• Thread firmer foods onto kebab sticks e.g. onions/peppers</li> <li>• Assemble and arrange food so it is aesthetically pleasing</li> <li>• <b>Heating</b></li> <li>• Use a hob/oven with confidence and independence</li> <li>• I can name and use a greater range of cooking techniques including:               <ul style="list-style-type: none"> <li>• Par-boiling</li> <li>• Steaming</li> <li>• Poaching</li> <li>• Sauteing</li> <li>• Roasting</li> </ul> </li> <li>• <b>Planning &amp; Making</b></li> <li>• I can modify a recipe to make it healthy based on the Eat Well plate</li> <li>• I can follow a recipe with increased independence</li> </ul>	<p><b><u>Independently, I can:</u></b></p> <p>I can name and demonstrate a range of cooking skills to prepare increasingly challenging ingredients.</p> <ul style="list-style-type: none"> <li>• <b>Weighing &amp; Measuring</b></li> <li>• Use scales, measuring jugs and spoons accurately</li> <li>• <b>Cutting &amp; Knife Skills</b></li> <li>• Dice and cut food into cubes/strips evenly</li> <li>• Cut firmer foods using the 'Bridge' and 'Claw' method with confidence and accuracy &amp; know when to use each method</li> <li>• Peel to create ribbons</li> <li>• Grate with greater control &amp; skill –zesting</li> <li>• <b>Mixing</b></li> <li>• Crack an egg well with little or no shell to remove</li> <li>• Fold ingredients together well</li> <li>• Recognise when and why a mixture 'splits'</li> <li>• <b>Shaping &amp; Assembly</b></li> <li>• Select &amp; use a range of techniques to shape dough</li> <li>• Thread firmer foods onto kebab sticks e.g. onions/peppers</li> <li>• Assemble and arrange food so it is aesthetically pleasing</li> <li>• <b>Heating</b></li> <li>• Use a hob/oven with confidence and independence</li> <li>• I can name and use a greater range of cooking techniques including:               <ul style="list-style-type: none"> <li>• Par-boiling</li> <li>• Steaming</li> <li>• Poaching</li> <li>• Sauteing</li> <li>• Roasting</li> </ul> </li> <li>• <b>Planning &amp; Making</b></li> <li>• I can modify a recipe to make it healthy based on the Eat Well plate</li> <li>• I can follow a recipe with increased independence</li> </ul>	

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<b>Tasting</b>  <b>Global Tastes (Year 9)</b>	<ul style="list-style-type: none"><li>I try ingredients purposefully to determine which is most appropriate for the dish I am making.</li></ul>		<p>I can research different recipes from other countries</p> <p>I can cook and taste ingredients which I have not tried before</p>



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<p><b>Healthy Eating</b> Food and drink provide energy &amp; nutrients. The Eat Well Guide helps us to understand what is healthy.</p> <p><b>Leisure and Healthy Diets (year 9)</b> Food and drink provide energy &amp; nutrients. The Eat Well Guide helps us to understand what is healthy.</p>	<ul style="list-style-type: none"> <li>• I understand that I need the nutrients - carbohydrate, protein, fat, vitamins and minerals - as well as fibre and water to be healthy.</li> <li>• I know that energy is provided by the nutrients carbohydrate, protein and fat.</li> <li>• I know that all food and drink provide nutrients.</li> <li>• I know that most foods and drinks contain a main nutrient but they will also contain others in smaller amounts.</li> <li>• I know that some foods provide fibre which is not digested but helps to keep the digestive system healthy.</li> <li>• I can explain the basic function of each nutrient (carbohydrate, protein, fat, vitamins and minerals) and link this to the Eatwell Guide food group.</li> <li>• I can identify, interpret and use the nutrition panel on food packaging to help me make food choices.</li> </ul>	<ul style="list-style-type: none"> <li>• I understand that I need the nutrients - carbohydrate, protein, fat, vitamins and minerals - as well as fibre and water to be healthy.</li> <li>• I know that energy is provided by the nutrients carbohydrate, protein and fat.</li> <li>• I know that all food and drink provide nutrients.</li> <li>• I know that most foods and drinks contain a main nutrient but they will also contain others in smaller amounts.</li> <li>• I know that some foods provide fibre which is not digested but helps to keep the digestive system healthy.</li> <li>• I can explain the basic function of each nutrient (carbohydrate, protein, fat, vitamins and minerals) and link this to the Eatwell Guide food group.</li> <li>• I can identify, interpret and use the nutrition panel on food packaging to help me make food choices.</li> <li>• I can develop recipes and diet plans for babies/ the elderly or sports people in order to ensure they have the right nutrition.</li> </ul>	

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<p><b>Food &amp; Farming</b> All food comes from plants &amp; animals. Plants &amp; animals produce different foods in different ways.</p> <p><b>Food Citizenship (year 9)</b> Understanding planet friendly meals and the impacts of importing and using seasonal ingredients</p>	<ul style="list-style-type: none"> <li>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.</li> <li><b>Vegetable Curry</b></li> <li><i>Okra</i></li> <li><i>Rice</i></li> <li><i>Spices</i></li> <li>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></li> <li>I can identify where a wide range of foods come from and talk about how the foods are produced</li> <li>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.</li> <li>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"> <li>Rice</li> <li>Oranges</li> <li>Olives</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>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></li> <li>I can identify where a wide range of foods come from and talk about how the foods are produced</li> <li>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.</li> <li>I can give examples of foods which grow in different places across the world due to climate and conditions. e.g.</li> <li>I can understand the climate impact of food and understand the importance of planet friendly meals</li> <li>I can understand the importance of using seasonal produce and plan meals to incorporate this</li> <li>I can make food which does not rely of products being imported</li> </ul>	