

Food: Procedural Knowledge Progression Map

	Preparation	Combining & Assembling	Cooking	Working in the Kitchen
Y1	<ul style="list-style-type: none"> Wash and drain fruits. Chop using the claw technique. Chop a range of foods, including bananas, grapes, strawberries, cucumber and prepared pears, pineapple, peppers and carrots. Peel bananas, satsumas. Measure dry foods and liquids using a teaspoon and tablespoon. 	<ul style="list-style-type: none"> Stir with wooden spoon. Use fruit juice to prevent browning. 		<ul style="list-style-type: none"> Follow simple recipes. Wash up items by removing excess food, washing, rinsing and drying.
Y2	<ul style="list-style-type: none"> Remove the outer leaves of vegetables (e.g. lettuce) and wash and drain them. Use senses (sight, smell and touch) to check foods for any bits that should not be eaten. Use a colander or sieve to drain canned foods Chop using the claw and bridge technique. Chop a range of foods, including the above plus tomatoes, lettuce, feta and prepared cheddar. Peel carrots. Grate carrots. 	<ul style="list-style-type: none"> Dress salad using two utensils. Layer food on a bed of salad. 		<ul style="list-style-type: none"> Application of the above.
Y3	<ul style="list-style-type: none"> Chop a range of foods, including the above plus hard-boiled eggs and cheddar. Peel hard-boiled eggs. 	<ul style="list-style-type: none"> Stir with a teaspoon or tablespoon. Spread butter / margarine with a knife. 	<ul style="list-style-type: none"> Use a hob to boil (an egg). 	<ul style="list-style-type: none"> Application of the above. Independently maintain a clean and organised workspace.
Y4	<ul style="list-style-type: none"> Chop a range of foods, including the above plus mushrooms, carrots, and peppers. Crush garlic. Mathematics: Measure volumes in millilitres and litres using a measuring jug. 	<ul style="list-style-type: none"> Use a food processor or hand mixer. 	<ul style="list-style-type: none"> Use a hob to sauté food. Use a hob to simmer food. Use a hob to boil (vegetables). 	<ul style="list-style-type: none"> Application of the above. Wash up items in the most appropriate order, starting with least dirty, and change washing up water as required.
Y5	<ul style="list-style-type: none"> Use a can opener. Chop a range of foods, including the above plus onions and cauliflower. Mathematics: Measure mass in grams and kilograms using a balance. Knowing when to measure (estimation) 	<ul style="list-style-type: none"> Use a blender or hand-held blender. Whisk (to make roux and Bechamel sauce). 	<ul style="list-style-type: none"> Use a hob to boil (pasta). Use an oven to roast vegetables. Use an oven to brown cheese. 	<ul style="list-style-type: none"> Application of the above.
Y6	<ul style="list-style-type: none"> Crack eggs. 	<ul style="list-style-type: none"> Rub flour into butter. Shape and cut using cutters. 	<ul style="list-style-type: none"> Use an oven to bake food. 	<ul style="list-style-type: none"> Application of the above.