

Cooking Overview

Encountering	Foundation	Core	Development	Enrichment	Enhancement
Within play, is willing to handle and try new foods with a variety of different textures and consistencies.	With adult support, mix ready weighed ingredients to mix.	Know that food has to be farmed, grown elsewhere (e.g. home) or caught.	Prepare food safely and hygienically, measuring and weighing ingredients using measuring cups/spoons	Begin to follow a recipe, using appropriate utensils and measuring skills to prepare a savoury food.	Scale up or down a recipe, having accurately calculated ratios of carefully measured ingredients.
Communicate food likes and dislikes	Handle food items hygienically	Begin to develop children's peeling, grating and chopping skills.	Understand that food is grown, reared and caught in the UK, Europe and the wider world.	Developing skills including mixing, kneading and baking.	Follow a recipe, using appropriate utensils and measuring ingredients to the nearest gram accurately in order to prepare food.
Use hands to roll, squash, push, pull, etc (playdough)	Begin to develop a food vocabulary using taste, smell, sweet, sour, texture and feel.	Use food vocabulary to describe taste, smell, texture and feel.	Use techniques such as cutting, peeling and grating.	Understand how to prepare and cook a variety of predominantly savoury dishes safely and hygienically.	Be independent in the skills of peeling, chopping, slicing, grating, mixing, kneading and baking.
	Start to think about the need for a variety of foods in a diet.	Sort food items into two groups - healthy and not healthy	Assemble ingredients to prepare food using simple tools to cut, peel or grate safely and hygienically	Understand how to name and sort foods into the five groups in 'The Eat Well plate'.	Using knowledge and skills to prepare and cook a variety of predominantly savoury dishes safely and hygienically.
	Begin to understand that all food comes from plants or animals.	Independently spread butter/jam onto toast and cut in half	Safely and independently make toast, spread a topping and cut for breakfast each day	Use digital scales to weigh out ingredients	Independently mixing up juice, using the correct ratios
	Harvest food from the sensory garden	Collect ingredients for cooking from a selection provided.	Follow a pre written shopping list of ingredients in the supermarket	Write a shopping list from a recipe	
	Use a wooden spoon to mix/cream	Independently pour cereal and milk into a bowl	Set the table for a meal, (knife, fork, spoon, condiments)	Use doubling and halving to change quantities in recipes	
	Pour liquids from a jug to a bowl	Set a place at the table (knife, fork and spoon)			
	Use a rolling pin to roll out dough				
	Use pastry cutters to make shapes in dough				

At Clarendon Primary Centre, our food technology curriculum aims to support the growth, independence and individuality of all our students through the preparation, creation and consumption of a variety of different meals and snacks. In developing a greater understanding of the world around us, students will gain the knowledge and understanding needed to make informed decisions as to the variety of food they buy, grow, prepare and eat. Our curriculum encourages independence, creativity, effective communication, the ability to ask and try to answer questions and a sense of individuality. The skills learnt will together support and enable a varying degree of independence for future support and independent living scenarios. The new skills are then built on as part of Clarendon Secondary's food technology's lessons to enable enhancement of skills and confidence. We ensure our curriculum emphasises the importance of developing independence, individuality, and confidence thus allowing our students to transfer their skills from the classroom to a home setting. This curriculum has been developed from the content of the Early Years and primary food teaching in school's framework. This curriculum has links to our maths, English, science, PSHE and life skills curriculums to ensure that our students are being offered a board and balanced curriculum.