



# Curriculum Road Map – Morland Area C of E Primary School



## Design Technology: Cookery

1

### Year 1:

Select and use fruit and vegetables in cooking and apply basic food handling and learn about hygienic practices and personal hygiene when cooking.  
**Skills:** Use measuring spoons for liquids and dry ingredients, use a sharp knife to cut hard foods and a fork to hold the food in place, begin to use a grater for hard foods using a fork to hold the end of the food, use hands to shape dough/mixture into small balls, help to wipe tables when tidying up, follow picture cues on recipes.

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### Year 3:

Demonstrate hygienic food preparation.  
**Skills:** Use digital scales to weigh out ingredients, use serrated knives to cut and prepare hard foods, use a grater appropriately and independently, begin to use a toaster and microwave, knead and shape dough/mixture, begin to understand appropriate portion sizes, know how to get ready to cook.

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### Year 4:

Demonstrate and hygienic food preparation and understand correct food storage.  
**Skills:** Use digital scales and measuring jugs independently to weigh out ingredients, crack an egg and beat with a whisk, knead and shape dough/mixture into aesthetically pleasing products, recognise and name a broad range of ingredients.

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### Nursery:

Talk about and make healthy choices.  
**Skills:** Measure using spoons, combine a small amount of cold ingredients in a bowl, use hands to shape dough, recognise familiar foods in recipes.

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### Year 2:

Follow safe procedures for food safety and hygiene.  
**Skills:** Help to use digital scales to weigh out ingredients, Use a sharp knife to cut foods appropriately, help crack an egg and whisk with a fork, help get foods/mixtures in cases/tins ready to cook, help to wash up safe items when tidying up, follow simple recipes using pictures for support.

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### Reception:

Look at similarities/differences and talk about healthy choices that will have an effect on overall health and well-being.  
**Skills:** Use a blunt knife to cut soft foods, use hands to shape dough into simple shapes, prepare foods for cooking, basic serving on a plate, helping to clear up and tidy away safely.

5

### Year 5:

Demonstrate and explain hygienic food preparation and storage.  
**Skills:** Accurately use digital weighing scales and measuring jugs, dice and cut food into evenly sized pieces, use a rolling pin to roll out mixture, begin to use the hob (with adult supervision), are able to plan and serve their own breakfast, demonstrate good safety practices, begin to use food labels to inform healthy choices.

6

### Year 6:

Demonstrate and show good hygienic food preparation and storage. Apply rules for good food hygiene and talk about all safety practices.  
**Skills:** Accurately use weighing scales (both digital and non-digital) and measuring jugs, confidently crack an egg, lead a small group in following a recipe and assign jobs within the group, use a rolling pin to roll out mixture to an accurate size/thickness, serve a simple balanced cooked meal, identify how to change a recipe to improve a dish,

