

Dishes and Cooking Techniques Progression

By the time children leave at the end of KS2 they will:

Measure Amounts Accurately

- Measure in grammes using electronic and balance weighing scales
- Measure in millimetres using a measuring jug
- Use measuring spoons

Use these tools safely

- Kitchen knife
- Hand whisk
- Electric hand blender
- Grater

Use these techniques to prepare eggs

- Peel shell from eggs
- Crack an egg
- Beat an egg
- Separate eggs

Use these techniques within their cooking

- Dust a surface
- Line a baking tray
- Mixing ingredients
- Whisking ingredients
- Kneading a dough

Use the oven safely

- Set the oven temperature
- Use a baking tray to put food into the oven and take food out of the oven

Test food is cooked

- Know how to test pasta
- Know how to test bread
- Know how to test chicken

These skills and techniques will be practised through the preparation of a range of dishes:

	Preparation Skills and Techniques	Cooking skills and techniques
Egg Mayonnaise	<ul style="list-style-type: none"> • Peeling eggshell • Mashing with a fork • Mixing ingredients • Adding seasoning 	<ul style="list-style-type: none"> • Boiling in water (adults) • Timing cooking using a timer • Cooling quickly using ice
Crispy Goujons	<ul style="list-style-type: none"> • Reading scales to measure amounts in grammes • Cutting using a kitchen knife • Beating an egg 	<ul style="list-style-type: none"> • Dusting a baking tray • Timing cooking using a timer • Baking on a baking tray- putting it in/out of the oven

	<ul style="list-style-type: none"> Coating in breadcrumbs 	
Flat Bread	<ul style="list-style-type: none"> Reading scales to measure amounts in grammes Mixing a dough by hand and bringing it together Dusting a work surface Kneading a dough 	<ul style="list-style-type: none"> Dusting a baking tray Baking on a baking tray- putting it in/out of the oven Testing to see if food is cooked
Pasta and Pomodoro Sauce	<ul style="list-style-type: none"> Reading scales to measure amounts in grammes Cutting/chopping ingredients Opening a can Blending using a hand blender 	<ul style="list-style-type: none"> Boiling in water (adults) Simmering a liquid Timing cooking using a timer
Roasting Chicken	<ul style="list-style-type: none"> Working out the cooking times Adding seasoning 	<ul style="list-style-type: none"> Baking in a hot oven Using a baking tray safely Timing cooking using a timer Checking meat is cooked.
Making Bread Rolls	<ul style="list-style-type: none"> Measuring amounts using measuring teaspoons Mixing a dough by hand and bringing it together Kneading a dough Proving a dough Dusting a baking tray 	<ul style="list-style-type: none"> Baking in a hot oven Using a baking tray safely Timing cooking using a timer Testing bread to see if it is cooked.
Omelette	<ul style="list-style-type: none"> Measuring amounts using measuring teaspoon Beating a mixture together Cutting and chopping ingredients Grating ingredients 	<ul style="list-style-type: none"> Roasting ingredients Using a hot pan safely
Pancakes	<ul style="list-style-type: none"> Cracking an egg Reading scales to measure amounts in grammes 	<ul style="list-style-type: none"> Using a hot pan safely

	<ul style="list-style-type: none"> Measuring out amounts in ml Measuring amounts using measuring tablespoon Beating a mixture together 	
Fruit Salad	<ul style="list-style-type: none"> Cutting using a kitchen knife 	
Dodo	<ul style="list-style-type: none"> Cutting using a kitchen knife 	<ul style="list-style-type: none"> Frying in oil
Macaroni Cheese	<ul style="list-style-type: none"> Reading scales to measure amounts in grammes Measuring out amounts in ml Grating ingredients Reading the scale on the oven knobs. 	<ul style="list-style-type: none"> Boiling in water Making a roux/bechamel in a pan Baking in the oven Timing cooking using a timer
Jacket Potatoes	<ul style="list-style-type: none"> Reading scales to measure amounts in grammes Cutting using a kitchen knife Reading the scale on the oven knobs. 	<ul style="list-style-type: none"> Baking in the oven Timing cooking using a timer Testing to see if food is cooked
Pizza	<ul style="list-style-type: none"> Reading scales to measure amounts in grammes Measuring amounts using measuring spoons Mixing a dough by hand and bringing it together Dusting a work surface Cutting using a kitchen knife Grating ingredients Reading the scale on the oven knobs 	<ul style="list-style-type: none"> Baking in the oven Timing cooking using a timer
Meringues	<ul style="list-style-type: none"> Separating eggs Reading scales to measure amounts in grammes Measuring out amounts in ml Whisking a mixture using a hand blender 	<ul style="list-style-type: none"> Baking in the oven Timing cooking using a timer Cooling slowly in the oven

	<ul style="list-style-type: none">• Reading the scale on the oven knobs	
--	---	--