

Curriculum Area Progression Summary

Area of Learning: Life and Living Skills – Food



Stage	Summary of key skills and knowledge to be acquired
Stage 4	<ul style="list-style-type: none"> Independently makes a cold drink Set the table with adult support Spread with a knife Knows how to open a variety of food packaging with adult support.
Stage 5	<ul style="list-style-type: none"> Knows how to use a masher safely with support Knows how to whisk safely and with support Recognises when equipment / utensils are dirty Knows how to wash fruit and vegetables.
Stage 6	<ul style="list-style-type: none"> Knows how to make toast with support. Uses a grater safely with support. Can identify different kitchen tools and their use Washes and dries dishes with support. Can follow a 3 symbol picture shopping list when in a shop.
Stage 7	<ul style="list-style-type: none"> Cleans dry and wet surfaces thoroughly and appropriately Can make a sandwich or other simple cold snack Can set and clear a table independently Use a range of kitchen appliances safely with support knows the handle of pans to be to the side and the importance of this. knows how to safely use sharp knives
Stage 8	<ul style="list-style-type: none"> Washes and dries dishes thoroughly effectively Uses a tin/can opener safely and with support Can make simple snacks with minimal support Identifies objects in the kitchen that are hot or cold Knows which chopping boards need to be used for which food items and the importance of this
Stage 9	<ul style="list-style-type: none"> Knows how/where to place items in the fridge and why this is important Understands the terminology associated with cooking e.g. bake, blend, mix, fold, knead, beat Separates waste products into appropriate categories e.g. recycling, food waste Can use a range of kitchen tools independently e.g. grate, whisk, tin opener Begin to know about food groups and what is considered to be a healthy diet
Stage 10 Entry Level 1	<ul style="list-style-type: none"> use the basic principles of a healthy and varied diet to prepare dishes Can follow a recipe with 4 or more instruction Use a range of kitchen appliances safely independently Follow a 5- 10 item shopping list Knows to rotate tins in the cupboard after shopping and why this is important understand where food comes from Fruit preparation, making a smoothie / milk shake, fruit salad Beginning to plan meals and take part in the preparation and planning of food for an event.
Stage 11	<ul style="list-style-type: none"> Identify at least three hygiene procedures before handling food Identify tinned, fresh and frozen foods State where and how each would be stored

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<p>Entry Level 2</p>	<ul style="list-style-type: none"> • Identify two types of appearance to know that food is still fresh • Identify a food that may not be safe to use/has “gone off” • Identify a simple recipe for specific food • Organise ingredients for recipe • Organise equipment for recipe • Follow instructions to cook recipe • Keep kitchen clean when cooking. • Label cooked foods with the ingredients included, highlighting any allergens.
<p>Stage 12</p>	<ul style="list-style-type: none"> • Can make a simple hot meal e.g. beans on toast, scrambled egg • Follow a simple written recipe • How to reseal or store food, once packaging has been opened to stop food going stale • Outline impact of not keeping kitchen clean when cooking • Identify risks when preparing food, including serving someone food they are allergic to.
<p>Stage 13</p>	<ul style="list-style-type: none"> • Write a shopping list from the recipe given • Knows how to reheat foods safely • Knows when foods cannot be reheated and the importance of this • knows how to defrost foods safely and understands when/why items cannot go back into the freezer • Understands temperature on microwave and how to check if something is cooked thoroughly • understanding when not to eat foods
<p>Stage 14</p>	<ul style="list-style-type: none"> • Know the signs of food poisoning, what to do and how to avoid/minimise the risk of food poisoning • knowledge and understanding of foods needed for a healthy diet (eg: typical, athletic, diabetic, keto diet etc) • How to prepare food related to dietary requirements / choice (vegetarian, vegan, dairy free etc) • Pupils to create a menu that offers options for vegetarians, vegans, those with specific allergens. • Pupils to plan a well balanced meal - demonstrating knowledge of each food group. • <i>understand and apply the principles of a healthy and varied diet</i> • Knows how to make a sauce from scratch