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### Sensory experience :

Pouring, stirring, touch, taste, smell, washing items

· Exploring the room , equipment and food items through sensory sessions

Constructing food items  
Choosing toppings/fillings (sandwich/wrap/pizza)

Switch control and adding items ( smoothies with blender supported use of switch)

Tasting and expressing an opinion

· Sharing and turn taking

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Eating together

Use visual aid

Setting table

Supported cleaning, wiping, washing up and drying, putting equipment away

cutting soft foods with a butter knife/plastic knife (fruit)

Safety and hygiene

Types of food

### First Cooking Skills:

- Personal hygiene rules
- Safety in the cooking room
- Finding equipment and ingredients
- Use small equipment correctly

Awareness of others working in the room

Spreading/cutting/mixing

Choosing fillings and toppings

Washing up, drying and cleaning and putting away

Working as a group

Cooking for myself

Know some healthy foods

Following verbal instructions

Supported weighing and measuring

Know where items are stored

Prepare to cook— hygiene and safety

Understand basic nutrition

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Use toaster and kettle

### Basic Cooking Skills:

Make basic food items independently using a visual aid.  
Work safely when using equipment

Use the hob with supervision

Working as a team

· Using a visual aid collect appropriate equipment and ingredients

Use small equipment confidently

Use measuring spoons , cups and jugs

· Move to next step without prompts

# Cooking Skills

Running alongside the curriculum and everyday learning :

Charity Bakes – Coffee mornings – Taste tasting – Food from around the world- Celebrations – Sharing our cooking – Christmas Fair – School produce – Whole school activities

· Understand and be able to say why /where food items are stored

Use a sharp knife safely and confidently

Understand food labelling, traffic lights, allergens, ingredients, BBD and UBD

Weigh and measure accurately

Meal planning

Serving others and portion size

Clean as you go  
· Work in an organised and planned manner

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### Independent Cook:

Prepare to cook independently  
· Use a set of instructions or visual aids and work independently

Presentation of food

· Make complex food items using a range of preparation and cooking methods

Use the oven/hob/ microwave independently

Make informed healthy choices and understand nutritional value

Food safety— cooking and storing

Work safely and productively

Read a food label and discuss

Turn the oven on/off  
· Use oven gloves and put items in the oven and take out

### Moving to Independence

Independently prepare to cook  
· Know where equipment and ingredients are kept  
· Collect basic equipment independently  
· Make more complex food items requiring different cooking methods

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Make a healthy choice

Cooking for myself and others

Use a red chopping board for raw meat

Use the hob oven and microwave with varying degrees of support as needed

Weigh and measure

· Use a sharp knife

