

Highfield School – Cooking Skills – Long Term Progression Plan

Cooking Skills covers many varied skills promoting independence and self confidence. Whilst this progress pathway shows a general move in skills and independence students will be achieving their own personal journey. Students may also experience many more skills and experiences in the curriculum that are not documented here that are organic and developed through practical learning tasks and questioning. Students may be sensory in their food skills but highly independent in preparing to cook for example.

- Sensory experience :
Pouring, stirring, touch, taste, smell, washing items
- cutting soft foods with a butter knife/plastic knife (fruit)
- Constructing food items
- Choosing toppings/fillings (sandwich/wrap/pizza)
- Spreading with a butter knife / plastic knife
- Switch control and adding items (smoothies with blender supported use of switch)
- Exploring the room , equipment and food items through sensory sessions
- Setting table
- Supported cleaning, wiping, washing up and drying, putting equipment away
- Safety and hygiene
- Use visual aid
- Cold drinks
- Types of food
- Tasting and tolerating taste/smell of food items

- Personal hygiene rules
- Safety in the cooking room
- Finding equipment and ingredients
- Use small equipment correctly
- Spreading/cutting/mixing
- Supported weighing and measuring
- Choosing fillings and toppings
- Tasting and having an opinion
- Know where items are stored
- Working as a group
- Washing up, drying and cleaning and putting away
- Awareness of others working in the room
- Sharing and turn taking
- Following verbal instructions
- Cooking for myself
- Eating together
- Know some healthy foods

- Prepare to cook—hygiene and safety
- Using a visual aid collect appropriate equipment and ingredients
- Use small equipment confidently
- Make basic food items independently using a visual aid
- Work safely when using equipment
- Move to next step without prompts
- Turn the oven on/off
- Use oven gloves and put items in the oven and take out
- Use the hob with supervision
- Use toaster and kettle
- Use measuring spoons , cups and jugs
- Working as a team
- Understand basic nutrition

- Independently prepare to cook
- Know where equipment and ingredients are kept
- Collect basic equipment independently
- Make more complex food items requiring different cooking methods
- Use a sharp knife
- Use a red chopping board for raw meat
- Use the hob oven and microwave with varying degrees of support as needed
- Weigh and measure
- Work safely and productively
- Cooking for myself and others
- Make a healthy choice
- Read a food label and discuss
- Food safety—cooking and storing

- Prepare to cook independently
- Use a set of instructions or visual aids and work independently
- Use a sharp knife safely and confidently
- Understand and be able to say why /where food items are stored
- Use the oven/hob/microwave independently
- Make complex food items using a range of preparation and cooking methods
- Weigh and measure accurately
- Clean as you go
- Work in an organised and planned manner
- Meal planning
- Serving others and portion size
- Understand food labelling, traffic lights, allergens, ingredients, BBD and UBD
- Presentation of food
- Make informed healthy choices and understand nutritional value

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