

Hygiene and safety assessment:

Prepare to cook – wash hands, apron on, sleeves rolled up

Cleaning work area

Understanding of hygiene

Clean as you go working in an organised and planned manner

Food safety – cooking and storing

Work safely and productively

Name equipment

Find where equipment is stored

Wash up items

Dry items

Return items to correct place

Cooking Skills Assessment:

Make a cold drink

Make a hot drink

Use the microwave

Use the oven/hob

Make a sandwich

Use the kettle

Use a toaster

Use a microwave cup

Sensory assessment:

Explore the room

Explore food items

Explore equipment

Construct food items

Use a visual aid

Set the table

Spreading

Tasting/touching/smelling food items

Pouring

Cutting

Types of food

First cooking assessment:

Awareness of others in the room

Sharing and turn taking

Eating together

Spreading/cutting/mixing

Following a verbal instruction

Use small equipment

Find equipment and ingredients

Weighing and measuring

Safety and hygiene

Basic cooking skills assessment:

Make food items

Use a visual aid

Work safely

Understand basic nutrition

Use measuring spoons, jugs, cups

Move to next step without prompts

Use a visual aid to collect appropriate equipment and ingredients

Use oven gloves and put items in/out of oven

Moving to independence assessment:

Food safety cooking and storing

Work safely and productively

Read a food label and discuss

Make more complex items using different cooking methods

Collect basic equipment and ingredients

Use a red chopping board for red meat

Use the hob and microwave

Know where equipment and ingredients are kept

Make a healthy choice

Independent cook assessment:

Use a set of instructions or visual aids and work independently

Make informed choices and understand nutritional value

Use the hob/oven/microwave independently

Make food items using a range of preparation and cooking methods

Presentation of food

Clean as you go in an organised manner

Serve other

Portion size

Meal planning

Weigh and measure accurately

Understand food labelling/ traffic lights / allergens /BBD/UBD

Understand food storage and explain

Use a sharp knife safely and confidently