

Southam St James CofE Academy Progression in skills- Cook

Year groups						
Skills	One	Two	Three	Four	Five	Six
	Following a simple recipe Measuring in spoonful's Rubbing fat into flour Mixing Making, rolling and cutting pastry Baking Cooling	Following a simple recipe Measuring using spoons Chopping, Mixing Rubbing fat into flour Cracking an egg Making a dough, rolling, cutting Baking, cooling, decorating.	Following a recipe Weighing using scales Using a knife—claw method Using a chopping board Chopping Peeling Pressing	Following a recipe, weighing using scales Peeling, coring, chopping Using a knife—bridge method Using a chopping board Rubbing fat into flour Sprinkling Baking, cooling.	Following a recipe, measuring using scales Mixing Cracking an egg Beating Pouring Sprinkling Baking, cooling.	Following a recipe, weighing ingredients using scales Using a knife—bridge and claw method Chopping, grating Squeezing a lemon Using a garlic press, seasoning Soaking, mixing, mashing Cracking an egg, cooking with meat