**HPS Cookery Pledge**

**By the end of the phase most children can…**

|  |  |
| --- | --- |
| EYFS* Know that we need clean hands, before cooking.
* Name ingredients used in recipes.
* Ice a cake.
* Mix, whisk and sieve.
* Cook the vegetables we grow e.g. potatoes
* Talk about changes when food is cooked e.g. colour, texture and smell.
 | Year 3/4 * Follow safety kitchen rules.
* Weigh ingredients accurately.
* Use a knife to safely cut a range of ingredients.
* Independently follow a recipe.
* Choose relevant ingredients.
* Evaluate a dish they have prepared.
* Design, prepare and evaluate a main meal.
* Grow an ingredient to cook.
* Prepare food in an hygienic environment before, during and after cooking.
 |
| Year 1/2* Chop vegetables with a knife.
* Grate and peel using a grater and vegetable peeler.
* Measure capacity in millilitres and litres.
* Grind spices.
* Mix ingredients.
* Spread butter.
* Knead and roll out dough.
* Read and follow a simple recipe.
* Recognise and name the ingredients and know their parts.
* Double a recipe.
* Weigh to the nearest 5g.
 | Year 5/6 * Recognise Health and Safety elements in the kitchen.
* Measure ingredients accurately.
* Convert measurement from metric to imperial and vice versa.
* Use ratio to scale up/down recipes.
* Chop finely.
* Choose and prepare ingredients.
* Plan and grow our own food.
* Understanding seasoning and flavours.
* Chop finely.
* Adapt and create recipes, including adaption to suit individual’s palette.
* Use technical vocabulary e.g. simmers and reduces.
* Evaluate recipes.
* Prepare and understand food that is well balanced and healthy.
* Understand the concept of ‘Farm to Fork’, knowing where food comes from.
* Be proactive when choosing equipment.
* Clear away after they have finished cooking.
 |

|  |
| --- |
| Examples of food cooked:Bread, biscuits, curry, pizza, soup, stew, pies, burger, cakes, Greek banquet. |