**HPS Cookery Pledge**

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

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| 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. |

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