



Chefs

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>To know how to:</p> <p>mix ingredients</p> <p>follow simple health and safety procedures</p>	<p>To know how to:</p> <p>use simple cutting tools to prepare soft fruit and vegetables</p> <p>follow simple health and safety procedures</p> <p>peel, chop, slice and grate foods.</p> <p>To know:</p> <p>where a range of fruit and vegetables come from.</p> <p>the principles of a varied diet.</p>	<p>To know how to:</p> <p>prepare simple dishes safely and hygienically, without using a heat source</p> <p>use techniques such as cutting, peeling and grating with greater confidence and independency</p> <p>name and sort foods into the five groups in The Eatwell Plate</p> <p>To know:</p> <p>that everyone should eat at least five portions of fruit and vegetables every day</p>	<p>To know how to:</p> <p>chop a wider range of foods using different techniques i.e. claw grip, bridge grip.</p> <p>use sensory information to evaluate a variety of ingredients</p> <p>combine foods using different utensils i.e. whisk, spatula</p> <p>To know:</p> <p>relevant health and safety procedures when handling and preparing foods</p> <p>about a range of fresh and processed foods for their product</p> <p>whether foods are grown, reared or caught</p>	<p>To know how to:</p> <p>chop a wider range of foods using different techniques i.e. claw grip, bridge grip.</p> <p>measure ingredients using simple measures i.e. cup, tbsp</p> <p>use sensory information to evaluate a variety of ingredients</p> <p>combine foods using different utensils i.e. whisk, spatula</p> <p>To know:</p> <p>relevant health and safety procedures when handling and preparing foods</p> <p>about a range of fresh and processed foods for their product</p> <p>whether foods are grown, reared or caught</p> <p>about fair trade foods</p> <p>about one key chef and their contribution to healthy eating i.e. Jamie Oliver – healthy schools</p>	<p>To know how to:</p> <p>measure ingredients accurately using different units</p> <p>follow a recipe</p> <p>select appropriate utensils for specific jobs.</p> <p>cut, shape and knead dough</p> <p>To know:</p> <p>a range of chefs and their individual styles of cooking</p> <p>about organic foods and the impact of these</p> <p>some more advance methods for mixing ingredients i.e. rubbing in</p>	<p>To know how to:</p> <p>measure ingredients accurately using different units</p> <p>follow a recipe</p> <p>select appropriate utensils for specific jobs</p> <p>cut, shape and knead dough</p> <p>about a range of chefs and their individual styles of cooking</p> <p>about organic foods and the impact of these</p> <p>some more advance methods for mixing ingredients i.e. rubbing in</p>

