

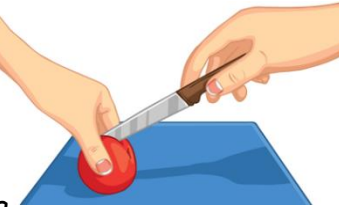
Year 6 - DT - Cooking & Nutrition - Must Knows

Top Vocabulary

fold	zesting
trim	rising agents
melt	simmer
hygienic	star diagram for rating and evaluating

Technical Skills

Bridge Hold for cutting higher-resistance foods



Claw Grip for cutting



Keep your fingers and thumb tucked into a claw shape whilst gripping the food. Cut using knife in other hand. Move claw back along the food until all cut.

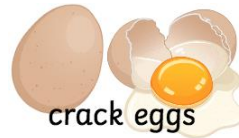
cut or slice into equal pieces



trimming



whisk



crack eggs

zesting



Health & Safety



Wear an apron

Wash your hands

Long hair tied back



clear up any spillages



Tidy up time!



all tidying up jobs



Baking

consider different rising agents



Adult to use. Children to know exactly how to be safe using oven and be in charge of temperature & timings.

On the hob

frying pan



saucepan

Used to boil, simmer, melt, fry. 1:1 adult supervision

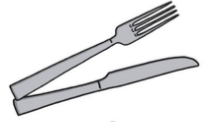
Equipment



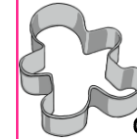
grater



rolling pin



cutlery



cutters



wooden spoon



whisk



recipe book

mixing bowl



juicer



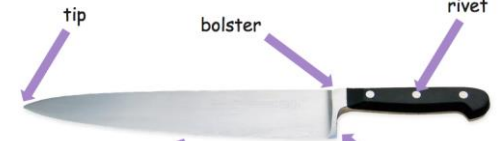
tip

bolster

rivet

edge

heel



Measuring

weighing scales



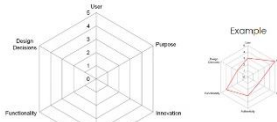
digital weighing scales



measuring spoon



measuring jug



Star diagram for evaluations against criteria

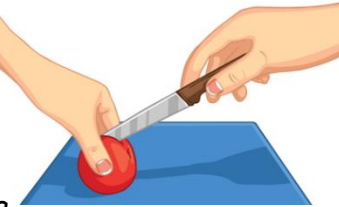
Year 5 - DT - Cooking & Nutrition - Must Knows

Top Vocabulary

fold	coring
readiness	rising
melt	simmer
hygienic	discuss and evaluate

Technical Skills

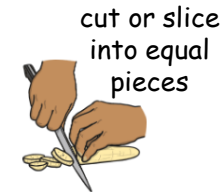
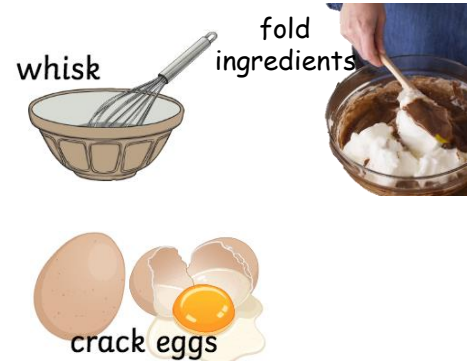
Bridge Hold for cutting higher-resistance foods



Claw Grip for cutting



Keep your fingers and thumb tucked into a claw shape whilst gripping the food. Cut using knife in other hand. Move claw back along the food until all cut.



Equipment



Health & Safety



Wear an apron

Wash your hands

Long hair tied back

clear up any spillages

Tidy up time!



all tidying up jobs

Bake



rising

test for readiness

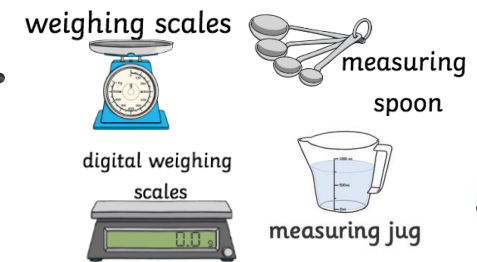
oven
Adult to use. Children to know exactly how to be safe using oven and be in charge of temperature & timings.

On the hob



saucepan
Used 1:1 with adult to boil, simmer, melt, fry

Measuring



weighing scales



digital weighing scales



measuring jug

Discuss product made



Design & use own rating

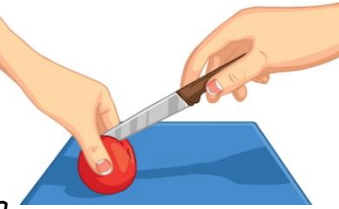
Year 4 - DT - Cooking & Nutrition - Must Knows

Top Vocabulary

press	wrap
plait	crack and beat eggs
quarter when cutting	cooling
fry	analogue weighing scales
hygiene	rate and evaluate

Technical Skills

Bridge Hold for cutting higher-resistance foods



Claw Grip for cutting



Keep your fingers and thumb tucked into a claw shape whilst gripping the food. Cut using knife in other hand. Move claw back along the food until all cut.

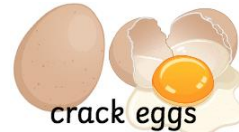
cut equally



slicing into equal pieces



whisk



crack eggs



accurately sift



Health & Safety



clear up any spillages



Wear an apron

Wash your hands

Long hair tied back



Tidy up time!

wash and dry up



secure ingredients in containers



cooling



test for readiness



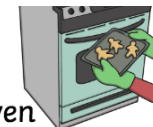
Baking

Evaluating in charge of timings and temperatures



oven

used by an adult



frying pan



used by an adult to fry

On the hob

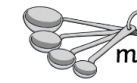
weighing scales



digital weighing scales



Measuring



measuring spoon



measuring jug

choose own ratings



identify positives & negatives
make suggestions for future...



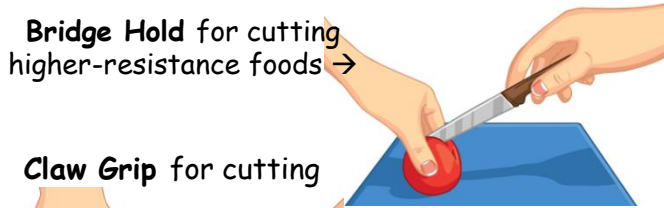
Year 3 - DT - Cooking & Nutrition - Must Knows

Top Vocabulary

press	mould
mix thoroughly	crack and beat eggs
divide out ingredients	quarter when cutting
boil	analogue weighing scales
hygiene	rate and evaluate

Technical Skills

Bridge Hold for cutting higher-resistance foods →



Claw Grip for cutting



Keep your fingers and thumb tucked into a claw shape whilst gripping the food. Cut using knife in other hand. Move claw back along the food until all cut.



crack eggs



whisk

quartering



accurately sift



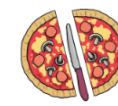
spoon out ingredients



slicing into equal pieces



cut equally



place cutters accurately

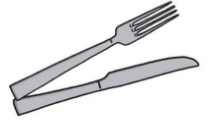
Equipment



grater



rolling pin



cutlery



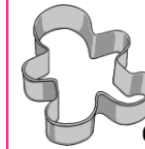
knife



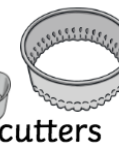
sieve



wooden spoon



cutters



mixing bowl



whisk



garlic press



recipe book

Health & Safety



clear up any spillages



Wear an apron

Wash your hands

Long hair tied back

Tidy up time!



wash and dry up

tidy away



Baking

Set temperature and timers

Evaluating



oven used by an adult

saucepan used by an adult to boil



On the hob weighing scales



digital weighing scales



measuring spoon



measuring jug

Measuring

ratings out of 5



identify successes & future suggestions





Year 2 - DT - Cooking & Nutrition - Must Knows

Top Vocabulary

crush	juice
peel	spread
shape	mix / stir
rub	knead
crack	beat
spoon	cut out
grate	snip
sift	cut
bake	measure
follow	wash
clean	like or dislike

Technical Skills



Equipment



Health & Safety



Wear an apron

Wash your hands

Long hair tied back



dry up

wipe down surfaces

Tidy up time!

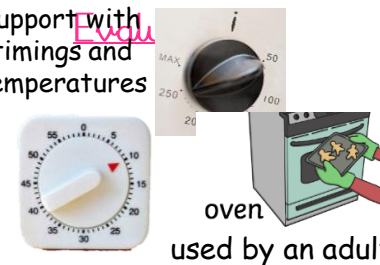


scrape into bin



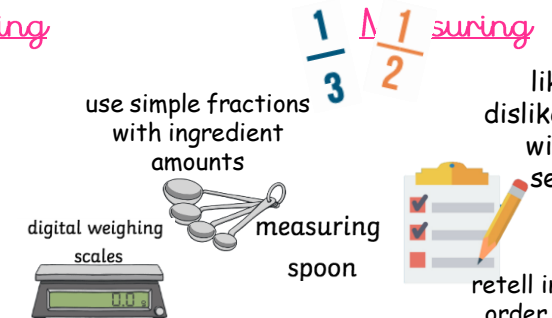
Baking

support with timings and temperatures



oven used by an adult

use simple fractions with ingredient amounts



likes & dislikes linked with all senses

retell in order



Year 1 - DT - Cooking & Nutrition - Must Knows

Top Vocabulary	
crush	juice
peel	spread
shape	mix / stir
whisk	knead
spoon	cut out
grate	snip
sift	cut
bake	measure
follow	wash
clean	like or dislike

Technical Skills



mix



roll out



thread onto stick



beat eggs



start to sift



snip with scissors



peeling



grating



Bridge Hold for cutting low resistance foods



Hold the food with thumb and fingers making a 'bridge' shape. Knife goes between so that fingers are protected.



knead



cut out with knife

Equipment



grater



rolling pin



table knife



sieve



knife



fork



spoon



wooden spoon



mixing bowl



masher



juicer



recipe book



cutters

Health & Safety



Wear an apron



Wash your hands



Long hair tied back

Tidy up time!




rubbish into bin



drying up


Baking




oven

used by an adult

Measuring




digital weighing scales





measuring spoon

Evaluating

Likes & dislikes linked with some of the senses







EYFS - DT - Cooking & Nutrition - Must Knows

Top Vocabulary

pull	crush
peel	spread
shape	mix / stir
spoon	cut out
grate	tear
sift	cut
bake	measure
follow	wash
clean	like or dislike

Technical Skills

peel with
your hands

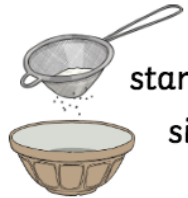


mix

tear with hands



roll out



start to
sift

Bridge Hold for
cutting soft foods



Hold the food with thumb
and fingers making a
'bridge' shape. Knife goes
between so that fingers
are protected.

grating
modelled by
an adult



crushing/
mashing

Equipment



grater



rolling pin



knife



fork



butter
knife



sieve



spoon



wooden spoon



cutters

mixing bowl



masher

Health & Safety



Wear an apron

Wash your hands

Long hair tied back

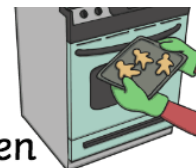


Tidy up time!

dirty or used
equipment into
washing up
bowl



Baking



oven
used by an adult

count how many
ingredients

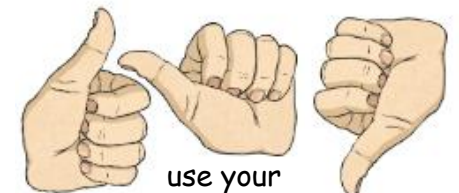


spoonful



Measuring

Evaluating



use your
thumbs