



# MILESTONE COOKING PROGRESSION SKILLS

## Outcomes

<b>Additional Skills</b>	
	<ul style="list-style-type: none"> <li>▪ Mashing</li> <li>▪ Crumbling</li> <li>▪ Scooping</li> <li>▪ Pouring</li> <li>▪ Shredding</li> <li>▪ Arrange ingredients e.g. fruit on a kebab</li> <li>▪ Sprinkling e.g. herbs, cheese</li> <li>▪ Mixing by hand</li> <li>▪ Snipping herbs in a jug using scissors</li> <li>▪ Tearing e.g. salad leaves, herbs</li> <li>▪ Peeling e.g. banana, satsuma</li> <li>▪ Mixing with utensils</li> <li>▪ Whisking</li> <li>▪ Beating an egg</li> <li>▪ Following a basic recipe/method</li> <li>▪ Garnishing and decorating</li> <li>▪ Seasoning to taste</li> </ul>
<b>Baking Skills</b>	
	<ul style="list-style-type: none"> <li>▪ Sieving</li> <li>▪ Cutting out rolled pastry</li> <li>▪ Brushing (glazing)</li> <li>▪ Cracking an egg</li> <li>▪ Beating an egg</li> <li>▪ Rubbing fat into flour</li> <li>▪ Creaming fat and sugar</li> <li>▪ Folding flour into creamed mixture</li> <li>▪ Scraping out bowl with a spatula</li> <li>▪ Dividing mixture into tins</li> <li>▪ Kneading</li> <li>▪ Shaping e.g. break rolls, loaves</li> <li>▪ Rolling out pastry</li> </ul>
<b>Food Safety</b>	
	<ul style="list-style-type: none"> <li>▪ Give examples of food that should be kept in the fridge, cupboard or freezer.</li> <li>▪ Identifying and use food storage instruction on packaging</li> <li>▪ Demonstrate awareness of use by/best before dates</li> <li>▪ Understand how and where to store leftover food</li> <li>▪ Understand that some foods, especially meat, thoroughly in order to avoid illness</li> </ul>
<b>Hygiene</b>	
	<ul style="list-style-type: none"> <li>▪ Wash my hands</li> <li>▪ Put on an apron</li> <li>▪ Roll up long sleeves</li> <li>▪ Tie long hair back</li> <li>▪ Remove jewellery, including watches and rings</li> <li>▪ Keep my workspace tidy</li> <li>▪ Avoid touching my face and hair</li> <li>▪ Wash up the equipment</li> <li>▪ Clean work surfaces</li> </ul>
<b>Knife Skills</b>	
	<ul style="list-style-type: none"> <li>▪ Spreading</li> <li>▪ Cutting/chopping</li> <li>▪ Bridge knife technique - soft foods e.g. strawberry/tomato</li> <li>▪ Bridge knife technique - harder food e.g. apple</li> <li>▪ Claw knife technique - soft food e.g. cucumber</li> <li>▪ Claw knife technique - hard food e.g. carrots</li> <li>▪ Fine chopping e.g. herbs</li> </ul>
<b>Using Appliances and Tools</b>	
	<ul style="list-style-type: none"> <li>▪ Rolling pin</li> <li>▪ Grater</li> <li>▪ Vegetable peeler</li> <li>▪ Apple corer/slicer</li> <li>▪ Tin opener</li> <li>▪ Using a lemon squeezer</li> <li>▪ Pestle and mortar</li> <li>▪ Microwave</li> <li>▪ Toaster</li> <li>▪ Kettle</li> <li>▪ Food processor/blender</li> <li>▪ Hob</li> <li>▪ Oven/grill</li> </ul>
<b>Weighing and Measuring</b>	
	<ul style="list-style-type: none"> <li>▪ Using measuring spoons and cups</li> <li>▪ Using a jug</li> <li>▪ Weighing using digital scales</li> </ul>