

## Practical foods skills progression chart (for pupils aged 3-11 years)



### Note:

This chart provides guidance regarding the food skills that most children should be able to undertake at a given age and the equipment they should be able to use. The skills build progressively and children should be able to undertake the skills in previous columns as well as those in the column within which they are working. The ages used are given for the purpose of organising the skills and should not be followed slavishly. Focus should be on the progression of skills. If you find that the children you teach are able to do more or less than the chart indicates for their age, look to the previous or next column and work from that point.

### Remember:

Children's hands are smaller than adults. Use smaller sized equipment, e.g. knives and kitchen scissors. Use smaller ingredients to help children master techniques and gain confidence, e.g. small sized apples, peppers, or use softer ingredients.

## Practical foods skills progression chart for pupils aged 3-11 years

Food skills	Age 3-5	Age 5-7	Age 7-9	Age 9-11
	<b>Pull</b> - hull fruit, pick grapes from vine			
	<b>Crush</b> - soft fruit with a potato masher or fork, e.g. raspberries as a topping for yogurt or for a fruit drink	<b>Juice</b> - using a juicer to extract juice, e.g. orange	<b>Press</b> - using a garlic press	
	<b>Peel</b> - by hand, e.g. satsuma, banana	<b>Peel</b> - with a swivel peeler with adult support	<b>Peel</b> - with a swivel peeler with supervision	<b>Peel</b> - with a swivel peel to create food ribbons to be used in a dish, e.g. courgette/carrot ribbons with supervision
		<b>Spread</b> - soft ingredients, e.g. hummus	<b>Spread</b> - ingredients evenly over another food	
	<b>Shape</b> - foods by hand and with a rolling pin	<b>Shape</b> - with accuracy for a desired effect, e.g. basic bread roll - use a rolling pin	<b>Shape and mould</b> - to create visually appealing products e.g. mini cottage loaf or plait, wrap	

Food skills	Age 3-5	Age 5-7	Age 7-9	Age 9-11
	<b>Mix/stir</b> <ul style="list-style-type: none"> <li>- to loosely combine ingredients</li> <li>- mash ingredients together using a fork</li> </ul>	<b>Mix/stir</b> <ul style="list-style-type: none"> <li>- with increasing thoroughness to combine ingredients</li> <li>- whisk foods using a fork</li> <li>- rub in fat to flour</li> <li>- knead dough</li> </ul>	<b>Mix/stir</b> <ul style="list-style-type: none"> <li>- any ingredients thoroughly</li> <li>- whisk foods using a hand-whisk</li> </ul>	<b>Mix/stir</b> <ul style="list-style-type: none"> <li>- fold ingredients together carefully</li> </ul>
	<b>Spoon</b> <ul style="list-style-type: none"> <li>- ingredients between containers</li> </ul>	<b>Spoon</b> <ul style="list-style-type: none"> <li>- ingredients into different containers with increasing accuracy and minimal spillage</li> </ul>	<b>Spoon</b> <ul style="list-style-type: none"> <li>- be able to use two spoons to transfer ingredients into different size/shape containers with minimal spillage, e.g. liquid foods into baking cases (muffin mixture)</li> </ul>	<b>Spoon</b> <ul style="list-style-type: none"> <li>- be able to gauge the quantities spooned to ensure an equal amount of ingredient in each container</li> </ul>
	<b>Measure</b> <ul style="list-style-type: none"> <li>- using a spoon, e.g. dried herbs, dried fruit</li> <li>- count ingredients</li> </ul>	<b>Measure</b> <ul style="list-style-type: none"> <li>- using different size measuring spoons, e.g. liquids</li> <li>- refer to ingredients in simple fractions, e.g. half, quarter</li> </ul>	<b>Measure</b> <ul style="list-style-type: none"> <li>- using a measuring jug with support to obtain accuracy</li> <li>- using digital scales with support to obtain accuracy</li> </ul>	<b>Measure</b> <ul style="list-style-type: none"> <li>- using a measuring jug independently and accurately</li> <li>- using digital and analogue scales accurately and independently</li> </ul>
	<b>Cut out</b> <ul style="list-style-type: none"> <li>- ingredients with a cutter, e.g. dough for scones</li> </ul>	<b>Cut out</b> <ul style="list-style-type: none"> <li>- ingredients neatly with a cutter</li> <li>- use a table knife to cut dough in equal portions, e.g. cheese straws</li> </ul>	<b>Cut out</b> <ul style="list-style-type: none"> <li>- placing the cutter in positions to make good of the material available and avoid waste</li> </ul>	
		<b>Grate</b> <ul style="list-style-type: none"> <li>- soft foods, e.g. cheese, cucumber</li> </ul>	<b>Grate</b> <ul style="list-style-type: none"> <li>- firmer foods, e.g. carrots, apples</li> </ul>	<b>Grate</b> <ul style="list-style-type: none"> <li>- using the zesting part of a grater, e.g. lemon, orange</li> <li>- use a nutmeg grater</li> </ul>
	<b>Tear</b> <ul style="list-style-type: none"> <li>- fresh herbs</li> </ul>	<b>Snip</b> <ul style="list-style-type: none"> <li>- fresh herbs, spring onions</li> </ul>	<b>Snip</b> <ul style="list-style-type: none"> <li>- with greater dexterity and control, e.g. to shred lettuce or cabbage leaves for salad</li> </ul>	
		<b>Sift</b> <ul style="list-style-type: none"> <li>- sift flour in to a bowl</li> </ul>		
		<b>Thread</b> <ul style="list-style-type: none"> <li>- thread soft foods onto cocktail sticks, e.g. fruit kebab – strawberries, Satsuma segments</li> </ul>	<b>Thread</b> <ul style="list-style-type: none"> <li>- medium resistance foods onto kebab sticks, e.g. mushrooms, courgettes</li> </ul>	<b>Thread</b> <ul style="list-style-type: none"> <li>- higher resistance foods onto kebab sticks, e.g. peppers, onions</li> </ul>
	<b>Cut</b> <ul style="list-style-type: none"> <li>- soft foods with butter knife, e.g. banana, canned peach slices</li> </ul>	<b>Cut</b> <ul style="list-style-type: none"> <li>- low resistance foods with a table knife in to equal size pieces/slices, e.g. canned pineapple slices, sticks of pepper, mushrooms</li> <li>- use a fork to secure foods</li> </ul>	<b>Cut</b> <ul style="list-style-type: none"> <li>- medium resistance foods with a vegetable knife, e.g. cucumber.</li> <li>- use a fork or the claw grip to secure foods</li> <li>- medium resistant or partly prepared foods using a bridge hold, e.g. cut half a tomato into a quarter, halve canned potatoes, halve large grapes</li> </ul>	<b>Cut</b> <ul style="list-style-type: none"> <li>- higher resistance food with a vegetable knife, using the claw grip, e.g. celery, carrots</li> <li>- higher resistant foods from whole using the bridge hold, e.g. halve an apple, raw potato</li> </ul>



Recipe instructions	Age 3-5	Age 5-7	Age 7-9	Age 9-11
	<b>Follow</b> - instructions given one at a time by an adult  <b>Carryout</b> - instructions with support	<b>Follow</b> - a simple recipe supported by an adult  <b>Carryout</b> - instructions with a little support	<b>Follow</b> - a simple recipe with guidance from an adult  <b>Carryout</b> - instructions independently	<b>Follow</b> - a simple recipe independently  <b>Carryout</b> - modifications to recipes

Equipment	Age 3-5	Age 5-7	Age 7-9	Age 9-11
Crushing/squeezing	Potato masher Fork	Juicer	Garlic press	
Peeling	Peel by hand	Swivel peeler (adult support)	Swivel peeler (adult supervision)	
Shaping	Rolling pin			
Mixing	Mixing spoons	Whisk	Blender (adult supervision)	
Measuring	Spoons Cups	Measuring spoons of different sizes	Measuring jug Digital scales	Analogue scales
Cutting	Butter knife Cutters	Table knife	Vegetable knife (adult supervision)	
Snipping		Kitchen scissors (adult supervision)		
Grating		Grater (adult support)	Grater (adult support)	Grater (light adult supervision)
Heating			With adult support and under adult supervision use: Toaster Hob	Under adult supervision use: Kettle Grill Oven

The images in this chart are courtesy of the British Nutrition Foundation.

For recipes and recipe videos to support the skills in this chart, go to: [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)