



Bramham Shadwell Federation

Cooking in the curriculum

COOKING SKILLS CHECK LIST - Class R

KNIFE SKILLS

Bridge knife technique – soft foods e.g. strawberry, cherry tomato

WEIGHING AND MEASURING

Using measuring spoons and cups

Using balancing scales

BAKING SKILLS

Sieving e.g. flour

Kneading

Shaping e.g. bread rolls

Cutting out rolled pastry

Glazing e.g. brushing with egg, milk, oil

OTHER SKILLS

Tearing e.g. herbs

Crumbling cheese e.g. Feta cheese

Arranging ingredients/toppings

Spreading with the back of a spoon e.g. pizza topping

Scooping e.g. removing mango flesh from hedgehogged shell, or baked potato from its jacket

Using a lemon squeezer

Beating ingredients together e.g. salad dressing

Garnishing and decorating



COOKING SKILLS CHECK LIST – Class 1

KNIFE SKILLS

Bridge knife technique – soft foods e.g. strawberry, cherry tomato

Claw knife technique – soft foods e.g. cucumber

Snipping herbs in a jug using scissors

WEIGHING AND MEASURING

Using measuring spoons and cups

Using balancing scales

BAKING SKILLS

Sieving e.g. flour

All-in-one cake mixing

Scraping out a bowl with a spatula

Dividing mixture into tins e.g. muffins

Kneading

Shaping e.g. bread rolls

Handling and folding filo pastry

Cutting out rolled pastry

Glazing e.g. brushing with egg, milk, oil

OTHER SKILLS

Tearing e.g. herbs

Crumbling cheese e.g. Feta cheese

Arranging ingredients/toppings

Spreading with the back of a spoon e.g. pizza topping

Scooping e.g. removing mango flesh from hedgehogged shell, or baked potato from its jacket

Mashing

Using a lemon squeezer

Beating ingredients together e.g. salad dressing

Garnishing and decorating



COOKING SKILLS CHECK LIST – Class 2

KNIFE SKILLS

Bridge knife technique – soft foods e.g. strawberry, cherry tomato

Bridge knife technique – harder foods e.g. apple

Claw knife technique – soft foods e.g. cucumber

Snipping herbs in a jug using scissors

Hedgehog a mango cheek with a round bladed knife

Grating soft foods e.g. courgette, cheese

WEIGHING AND MEASURING

Using measuring spoons and cups

Using a jug to measure liquids

Using balancing scales

BAKING SKILLS

Sieving e.g. flour

Cutting fat into flour

Cracking an egg

Beating an egg

Rubbing fat into flour

All-in-one cake mixing

Scraping out a bowl with a spatula

Dividing mixture into tins e.g. muffins

Mixing to form bread dough

Kneading

Shaping e.g. bread rolls

Handling and folding filo pastry

Handling and rolling puff pastry

Cutting out rolled pastry

Glazing e.g. brushing with egg, milk, oil



OTHER SKILLS

Tearing e.g. herbs

Crumbling cheese e.g. Feta cheese

Arranging ingredients/toppings

Spreading with the back of a spoon e.g. pizza topping

Spreading with a table knife e.g. butter

Scooping e.g. removing mango flesh from hedgehogged shell, or baked potato from its jacket

Mashing

Crushing garlic

Using a lemon squeezer

Beating ingredients together e.g. salad dressing

Shaping e.g. fishcakes/burgers

Garnishing and decorating



COOKING SKILLS CHECK LIST – Class 3

KNIFE SKILLS

Bridge knife technique – soft foods e.g. strawberry, cherry tomato

Bridge knife technique – harder foods e.g. apple

Claw knife technique – soft foods e.g. cucumber

Claw knife technique – harder foods e.g. carrot

Snipping herbs in a jug using scissors

Hedgehog a mango cheek with a round bladed knife

Peeling soft vegetables e.g. courgette

Grating soft foods e.g. courgette, cheese

WEIGHING AND MEASURING

Using measuring spoons and cups

Using a jug to measure liquids

Using balancing scales

Using digital or spring balance scales

BAKING SKILLS

Sieving e.g. flour

Cutting fat into flour

Cracking an egg

Beating an egg

Rubbing fat into flour

Adding liquid to flour

All-in-one cake mixing

Scraping out a bowl with a spatula

Dividing mixture into tins e.g. muffins

Mixing to form bread dough

Kneading

Shaping e.g. bread rolls

Handling and folding filo pastry

Cutting out rolled pastry

Glazing e.g. brushing with egg, milk, oil



OTHER SKILLS

Tearing e.g. herbs

Crumbling cheese e.g. Feta cheese

Arranging ingredients/toppings

Spreading with the back of a spoon e.g. pizza topping

Spreading with a table knife e.g. butter

Scooping e.g. removing mango flesh from hedgehogged shell, or baked potato from its jacket

Mashing

Crushing garlic

Using a lemon squeezer

Beating ingredients together e.g. salad dressing

Shaping e.g. fishcakes/burgers

Coating e.g. with egg and breadcrumbs

Shelling a hard boiled egg

Garnishing and decorating

Draining through a sieve or colander



COOKING SKILLS CHECK LIST – Class 4

KNIFE SKILLS

Bridge knife technique – soft foods e.g. strawberry, cherry tomato

Bridge knife technique – harder foods e.g. apple

Claw knife technique – soft foods e.g. cucumber

Claw knife technique – harder foods e.g. carrot

Snipping herbs in a jug using scissors

Hedgehog a mango cheek with a round bladed knife

Peeling soft vegetables e.g. courgette

Grating soft foods e.g. courgette, cheese

Grating harder foods e.g. carrot, apple

WEIGHING AND MEASURING

Using measuring spoons and cups

Using a jug to measure liquids

Using balancing scales

Using digital or spring balance scales

BAKING SKILLS

Sieving e.g. flour

Cutting fat into flour

Cracking an egg

Separating an egg

Beating an egg

Rubbing fat into flour

Adding liquid to flour

All-in-one cake mixing

Creaming fat and sugar

Folding flour into creamed mixture

Scraping out a bowl with a spatula

Dividing mixture into tins e.g. muffins

Mixing to form bread dough



Kneading

Shaping e.g. bread rolls

Handling and folding filo pastry

Handling and rolling puff pastry

Handling and rolling shortcrust pastry

Cutting out rolled pastry

Glazing e.g. brushing with egg, milk, oil

OTHER SKILLS

Tearing e.g. herbs

Crumbling cheese e.g. Feta cheese

Arranging ingredients/toppings

Spreading with the back of a spoon e.g. pizza topping

Spreading with a table knife e.g. butter

Scooping e.g. removing mango flesh from hedgehogged shell, or baked potato from its jacket

Mashing

Crushing garlic

Using a lemon squeezer

Beating ingredients together e.g. salad dressing

Shaping e.g. fishcakes/burgers

Coating e.g. with egg and breadcrumbs

Shelling a hard boiled egg

Garnishing and decorating

Seasoning to taste

Draining through a sieve or colander



COOKING SKILLS CHECK LIST – Class 5

KNIFE SKILLS

Bridge knife technique – soft foods e.g. strawberry, cherry tomato

Bridge knife technique – harder foods e.g. apple

Claw knife technique – soft foods e.g. cucumber

Claw knife technique – harder foods e.g. carrot

Simple combination of bridge and claw e.g. onion

Snipping herbs in a jug using scissors

Hedgehog a mango cheek with a round bladed knife

Coring an apple

Peeling soft vegetables e.g. courgette

Grating soft foods e.g. courgette, cheese

Grating harder foods e.g. carrot, apple

Fine grating e.g. parmesan cheese, nutmeg.

WEIGHING AND MEASURING

Using measuring spoons and cups

Using a jug to measure liquids

Using balancing scales

Using digital or spring balance scales

BAKING SKILLS

Sieving e.g. flour

Cutting fat into flour

Cracking an egg

Separating an egg

Beating an egg

Rubbing fat into flour

Adding liquid to flour

All-in-one cake mixing

Creaming fat and sugar

Folding flour into creamed mixture



Scraping out a bowl with a spatula
Dividing mixture into tins e.g. muffins
Mixing to form bread dough
Kneading
Shaping e.g. bread rolls
Handling and folding filo pastry
Handling and rolling puff pastry
Handling and rolling shortcrust pastry
Cutting out rolled pastry
Glazing e.g. brushing with egg, milk, oil

OTHER SKILLS

Tearing e.g. herbs
Crumbling cheese e.g. Feta cheese
Arranging ingredients/toppings
Spreading with the back of a spoon e.g. pizza topping
Spreading with a table knife e.g. butter
Scooping e.g. removing mango flesh from hedgehogged shell, or baked potato from its jacket
Mashing
Crushing garlic
Using a lemon squeezer
Beating ingredients together e.g. salad dressing
Shaping e.g. fishcakes/burgers
Coating e.g. with egg and breadcrumbs
Using the hob (only with adult supervision) e.g. to sweat vegetables for soup
Whisking e.g. egg whites or cream
Shelling a hard boiled egg
Garnishing and decorating
Seasoning to taste
Draining through a sieve or colander



COOKING SKILLS CHECK LIST – Class 6

KNIFE SKILLS

Bridge knife technique – soft foods e.g. strawberry, cherry tomato

Bridge knife technique – harder foods e.g. apple

Claw knife technique – soft foods e.g. cucumber

Claw knife technique – harder foods e.g. carrot

Simple combination of bridge and claw e.g. onion

Fine chopping of herbs

Snipping herbs in a jug using scissors

Hedgehog a mango cheek with a round bladed knife

Coring an apple

Peeling soft vegetables e.g. courgette

Peeling e.g. carrot

Grating soft foods e.g. courgette, cheese

Grating harder foods e.g. carrot, apple

Fine grating e.g. parmesan cheese, nutmeg.

WEIGHING AND MEASURING

Using measuring spoons and cups

Using a jug to measure liquids

Using balancing scales

Using digital or spring balance scales

BAKING SKILLS

Sieving e.g. flour

Cutting fat into flour

Cracking an egg

Separating an egg

Beating an egg

Rubbing fat into flour

Adding liquid to flour

All-in-one cake mixing

Creaming fat and sugar



Folding flour into creamed mixture
Scraping out a bowl with a spatula
Dividing mixture into tins e.g. muffins
Mixing to form bread dough
Kneading
Shaping e.g. bread rolls
Handling and folding filo pastry
Handling and rolling shortcrust pastry
Cutting out rolled pastry
Glazing e.g. brushing with egg, milk, oil

OTHER SKILLS

Tearing e.g. herbs
Crumbling cheese e.g. Feta cheese
Arranging ingredients/toppings
Spreading with the back of a spoon e.g. pizza topping
Spreading with a table knife e.g. butter
Scooping e.g. removing mango flesh from hedgehogged shell, or baked potato from its jacket
Mashing
Crushing garlic
Using a lemon squeezer
Beating ingredients together e.g. salad dressing
Shaping e.g. fishcakes/burgers
Coating e.g. with egg and breadcrumbs
Using the hob (only with adult supervision) e.g. to sweat vegetables for soup
Whisking e.g. egg whites or cream
Shelling a hard boiled egg
Garnishing and decorating
Seasoning to taste
Draining through a sieve or colander