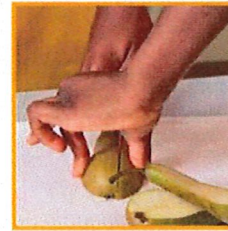
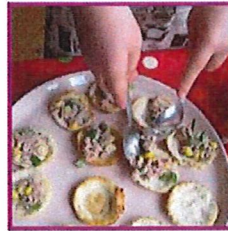
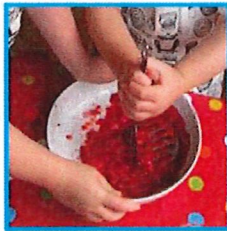


Appendix 2: Skills

Let's Get Practical!



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



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Food skills	Age 3-5	Age 5-7	Age 7-9	Age 9-11
	Mix/stir - to loosely combine ingredients - mash ingredients together using a fork	Mix/stir - with increasing thoroughness to combine ingredients - whisk foods using a fork - rub in fat to flour - knead dough	Mix/stir - any ingredients thoroughly - whisk foods using a hand-whisk	Mix/stir - fold ingredients together carefully
	Spoon - ingredients between containers	Spoon - ingredients into different containers with increasing accuracy and minimal spillage	Spoon - 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)	Spoon - be able to gauge the quantities spooned to ensure an equal amount of ingredient in each container
	Measure - using a spoon, e.g. dried herbs, dried fruit - count ingredients	Measure - using different size measuring spoons, e.g. liquids - refer to ingredients in simple fractions, e.g. half, quarter	Measure - using a measuring jug with support to obtain accuracy - using digital scales with support to obtain accuracy	Measure - using a measuring jug independently and accurately - using digital and analogue scales accurately and independently
	Cut out - ingredients with a cutter, e.g. dough for scones	Cut out - ingredients neatly with a cutter - use a table knife to cut dough in equal portions, e.g. cheese straws	Cut out - placing the cutter in positions to make good of the material available and avoid waste	
		Grate - soft foods, e.g. cheese, cucumber	Grate - firmer foods, e.g. carrots, apples	Grate - using the zesting part of a grater, e.g. lemon, orange - use a nutmeg grater
	Tear - fresh herbs	Snip - fresh herbs, spring onions	Snip - with greater dexterity and control, e.g. to shred lettuce or cabbage leaves for salad	
		Sift - sift flour in to a bowl		
		Tread - thread soft foods onto cocktail sticks, e.g. fruit kebab – strawberries, Satsuma segments	Tread - medium resistance foods onto kebab sticks, e.g. mushrooms, courgettes	Tread - higher resistance foods onto kebab sticks, e.g. peppers, onions
	Cut - soft foods with butter knife, e.g. banana, canned peach slices	Cut - low resistance foods with a table knife in to equal size pieces/slices, e.g. canned pineapple slices, sticks of pepper, mushrooms - use a fork to secure foods	Cut - medium resistance foods with a vegetable knife, e.g. cucumber. - use a fork or the claw grip to secure foods - 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	Cut - higher resistance food with a vegetable knife, using the claw grip, e.g. celery, carrots - higher resistant foods from whole using the bridge hold, e.g. halve an apple, raw potato



Let's Get Practical!



Recipe instructions	Age 3-5	Age 5-7	Age 7-9	Age 9-11
	Follow - instructions given one at a time by an adult Carryout - instructions with support	Follow - a simple recipe supported by an adult Carryout - instructions with a little support	Follow - a simple recipe with guidance from an adult Carryout - instructions independently	Follow - a simple recipe independently Carryout - 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.foodfactoflife.org.uk



