|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Early | First | Second | Third | Fourth |
| * Peeling
* Slicing
* Mixing
* Spreading
 | * Washing
* using a peeler
* juicing
* grating
* cutting
* simple knife skills (claw grip/bridge hold)
 | * weighing and measuring
* kneading
* chopping
* baking
* grilling
 | * rubbing-in
* shaping
* simmering
* creaming
* decorating garnishing
 | * adding air
* binding
* glazing
* thickening
* whisking
* folding
* sauce making
* testing for readiness blending
 |

**Food Preparation Skills**

**Your text here**

**Safety and Hygiene**

Safety and hygiene are key elements of **every** practical food lesson. There are experiences and outcomes which may be used when planning learning, however, it is good practice to allow the learners to do a risk assessment before they cook to identify potential hazards and create guidelines which they all agree to follow when working with food. This should be displayed clearly in the class. It should be revisited every time the class cooks and adapted according to the food being prepared and equipment being used.

**Equipment**

Suggestions of equipment – not all are essential and they can be acquired over time

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Cutting** | **Weighing/Measuring** | **Baking**  | **General** | **Cooking** |
| * Potato peelers
* Sharp knives (safety knives)
* Round Bladed Knives
* Scissors
* Apple corers
* Graters (fine and rough grating edges)
* Chopping boards (colour coded)
 | * Table Spoons
* Tea Spoons
* Measuring jugs
* Balance scales/Digital scales/Spring balances
* Measuring Spoons
 | * Sieves
* Mixing bowls – varying sizes
* Small bowls (storing ingredients)
* Whisks
* Spatulas
* Baking tins – bun tins and baking trays
* Silicone/paper cake cases
* Rolling pins
* Pastry brushes/brushes for oiling trays
* Flour dredgers
 | * Forks
* Table spoons
* Garlic crusher
* Masher
* Lemon Squeezers
* Colanders
* Cling Film
* Tin Foil
* Wiping Cloths
* Cleaning products e.g. washing up liquid/spray
* Dish Cloths/towel
* Oven Gloves
* Aprons
* Food Waste Bin
 | * Table top oven/Cooker/induction hobs
* Storage space
* Pots, pans, frying pans, woks
* Wooden spoons
* Pot stands/heat resistant mats
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