Skills Progression for Cooking: Year 3

Where food comes from					
That a recipe can be adapted by adding or substituting one or more ingredients					
That food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world					
Food preparation, cooking and nutrition					
How to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source					
How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking					
That a healthy diet is made up from a variety and balance of different food and drink, as depicted in the eatwell plate					
That to be active and healthy, food and drink are needed to provide energy for the body					
Knife Skills					
Knife skills 4. Claw knife technique – harder foods e.g. carrots					
Knife skills 10. Peeling soft vegetables e.g. courgette					
Weighing and Measuring					
Weighing and Measuring 4. Using digital or spring balance scales					
Baking Skills					
Baking skills 7. Adding liquid to flour					
Other					
Other skills 12. Coating e.g. with egg and breadcrumbs					

Other skills 15. Shelling a hard-boiled egg					
Other skills 18. Draining through a sieve or colander					