**Cooking Skills Progression – Early Level**

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| **Knife Skills** | **Nursery** | **Primary 1** |
| Bridge knife technique – Soft foods e.g. Strawberry/tomato | \* | \* |
| Spread | \* | \* |
| Grating | \* | \* |

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| **Weighing and measuring** | **Nursery** | **Primary 1** |
| Using measuring spoons and cups | **\*** | **\*** |
| Using balance scales |  | **\*** |

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| **Baking skills** | **Nursery** | **Primary 1** |
| Sieving e.g. flour | **\*** | **\*** |
| Cutting out rolled pastry | **\*** | **\*** |
| Brushing (Glazing) |  | **\*** |

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| **Other skills** | Nursery | Primary 1 |
| Peeling e.g. banana, satsuma | **\*** | **\*** |
| Tearing e.g salad leaves, leek ribbons | **\*** | **\*** |
| Snipping herbs in a jug using scissors | **\*** | **\*** |
| Mix e.g salad leaves, muffin mix |  | **\*** |
| Sprinkle e.g. herbs, cheese, banana | **\*** | **\*** |
| Arrange ingredients e.g. fruit on a kebab | **\*** | **\*** |
| Shred | **\*** | **\*** |
| Pour | **\*** |  |
| Scooping | **\*** | **\*** |
| Crumble |  | **\*** |
| Mash |  | **\*** |
| Using a lemon squeezer | **\*** |  |

**Possible Recipes**

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| Nursery | Primary 1 |
| Open-Top banana sandwich (Focus on food) | Leek & Mushroom croustades (Focus on food) |
| Secret Garden Salad (Focus on food) | New Potato salad & chives & mint (Focus on food) |
| Caribbean fruit salad (Focus on food) | Cheesy seedy stuffed courgettes (Focus on food) |
| Sandwich Wrap (Food a Fact of Life) | Chilli Bean Potatoes (Focus on food) |
| Fruit Smoothies (Food a Fact of Life) | BLT Sandwich (Food a fact of Life) |
| Fabulous Fruit salad (Food in schools) | Pitta Pockets (Food a Fact of Life) |
| Playdough (Twinkle) | Veggie kebabs |
|  | Fruit Kebabs (Food a Fact of Life) |

**Cooking Skills Progression – First Level**

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| **Knife Skills** | **Primary 2** | **Primary 3** | **Primary 4** |
| Bridge knife technique – Soft foods e.g. Strawberry/tomato |  | \* | \* |
| Bridge knife technique – Harder food e.g. Apple |  | \* | \* |
| Claw knife technique – Soft food e.g cucumber | \* | \* | \* |
| Snipping herbs in a jug using scissors | \* | \* | \* |
| Peeling soft veg e.g. courgette | \* | \* | \* |
| Grating soft foods e.g. cheese | \* | \* | \* |

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| **Weighing and measuring** | **Primary 2** | **Primary 3** | **Primary 4** |
| Using measuring spoons and cups | **\*** | **\*** | **\*** |
| Using a jug | **\*** | **\*** | **\*** |
| Using balance scales | **\*** | **\*** | **\*** |

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| **Baking skills** | **Primary 2** | **Primary 3** | **Primary 4** |
| Sieving e.g. flour | **\*** | **\*** | **\*** |
| Cracking an egg | **\*** | **\*** | **\*** |
| Beating an egg | **\*** | **\*** | **\*** |
| Rubbing fat into flour | **\*** | **\*** | **\*** |
| Creaming fat and sugar | **\*** | **\*** | **\*** |
| Folding flour into creamed mixture | **\*** | **\*** | **\*** |
| Scraping out a bowl with spatula | **\*** | **\*** | **\*** |
| Dividing mixture into tins | **\*** | **\*** | **\*** |
| Mixing to form a bread dough |  |  | **\*** |
| Kneading | **\*** | **\*** | **\*** |
| Sieve | **\*** |  |  |
| Shaping e.g Bread rolls, balls | **\*** | **\*** | **\*** |
| Roll | **\*** |  | **\*** |
| Glazing e.g. brush with milk, egg,oil | **\*** | **\*** | **\*** |

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| **Other skills** | **Primary 2** | **Primary 3** | **Primary 4** |
| Tearing e.g. herbs, veg | **\*** | **\*** | **\*** |
| Whisk |  |  | **\*** |
| Mixing | **\*** | **\*** | **\*** |
| Arranging ingredients | **\*** | **\*** | **\*** |
| Beating | **\*** |  | **\*** |
| Using a lemon squeezer | **\*** |  | **\*** |
| Garnishing and decorating | **\*** | **\*** | **\*** |
| Scooping | **\*** |  |  |
| Mash | **\*** |  | **\*** |
| Sprinkle | **\*** |  | **\*** |

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| **Possible Recipes** Primary 2 | **Possible Recipes** Primary 3 | **Possible Recipes** Primary 4 |
| Pea and Mint Soup (F on Food) | Broccoli & Basil Soup (F on Food) | Mini Pitta Pocket (F on Food) |
| Glamorgan sausages (F on Food) | Mini Breakfast Frittatas (F on Food) | Jumping Beans couscous salad (F on Food) |
| Coleslaw (Food a fact of life) | Berried Treasure (F on Food) | Summer Vegetable Coca (F on Food) |
| Veggi Snacks (Food a fact of life) | Chocolate courgette Cake (F on Food) | Quick cheese pizza (Food a fact of life) |
| Cheese Straws (Food a fact of life) | Rainbow Cous Cous Salad (Food in Schools) | Pancakes (Twinkle) |
| Tropical fruit salad | Pasta salad with roasted vegetables | Spicy chickpea pot |
| Diwali sweets | Cheese scones | Biscuits |
| Scones | Herbie veggie crumble | Morish Muffins |
| Royal Rice | Oatie biscuits (School catering) | Apple and sultana crumble |
|  | Apple crumble (catering staff) | Scots berry basket |

**Cooking Skills Progression – Second Level**

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| **Knife Skills** | Primary 5 | Primary 6 | Primary 7 |
| Bridge knife technique – Harder food e.g. Apple | **\*** | **\*** | **\*** |
| Claw knife technique – Hard food e.g carrots | **\*** | **\*** | **\*** |
| Fine chopping of herbs |  | **\*** | **\*** |
| Coring an apple |  | **\*** | **\*** |
| Peeling soft veg e.g. courgette | **\*** | **\*** | **\*** |
| Peeling e.g. carrot |  | **\*** | **\*** |
| Grating hard foods e.g. carrot, apple |  | **\*** | **\*** |
| Finer grating e.g. Parmesan cheese, nutmeg |  | **\*** | **\*** |

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| **Weighing and measuring** | Primary 5 | Primary6 | Primary 7 |
| Using a jug | **\*** | **\*** | **\*** |
| Using balance scales | **\*** | **\*** | **\*** |
| Using digital scales | **\*** | **\*** | **\*** |

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| **Baking skills** | Primary 5 | Primary 6 | Primary 7 |
| Sieving e.g. flour | **\*** | **\*** | **\*** |
| Cutting fat into flour | **\*** | **\*** | **\*** |
| Separating an egg |  | **\*** | **\*** |
| Cracking an egg | **\*** | **\*** | **\*** |
| Beating an egg | **\*** | **\*** | **\*** |
| Rubbing fat into flour | **\*** | **\*** | **\*** |
| Creaming fat and sugar |  | **\*** | **\*** |
| Folding flour into creamed mixture | **\*** | **\*** | **\*** |
| Scraping out a bowl with spatula | **\*** | **\*** | **\*** |
| Dividing mixture | **\*** | **\*** | **\*** |
| Mixing to form a bread dough | **\*** | **\*** | **\*** |
| Kneading |  | **\*** | **\*** |
| Shaping e.g Bread rolls | **\*** | **\*** | **\*** |
| Glazing e.g. brush with milk, egg, oil | **\*** | **\*** | **\*** |

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| **Other skills** | Primary 5 | Primary 6 | Primary 7 |
| Tearing herbs |  | **\*** | **\*** |
| Beating | **\*** | **\*** | **\*** |
| Whisking | **\*** | **\*** | **\*** |
| Using a lemon squeezer | **\*** |  | **\*** |
| Season to taste |  | **\*** | **\*** |
| Garnishing, arranging and decorating | **\*** | **\*** | **\*** |
| Using the hob |  | **\*** | **\*** |
| Crush Garlic | **\*** |  | **\*** |
| Scooping | **\*** |  |  |
| Sprinkle | **\*** |  |  |

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| Primary 5 | Primary 6 | Primary 7 |
| Fruit & Muesli Breakfast pot (F on Food) | Leek and Potato Soup (F on Food) | Ratatouille (F on Food) |
| Butternut & Thyme Scones (F on Food) | Tomato & Basil Bread (F on Food) | Berry Breakfast Pancakes (F on Food) |
| Carrot and Coriander Soup (F on Food) | Biscuits (Food a Fact of life) | Beetroot, Apple & onion chutney (F on Food) |
| Pizza Wheels (Food a fact of life) | Vegetable Soup (Food in Schools) | Bread (Food a fact of life) |
| Hummus (Food in Schools) | Gingerbread People (Food a fact of life) | Spinach, Squash and chickpea curry (Food in Schools) |
| Blueberry and cinnamon muffins | Spicy Potato wedges | Victoria Sponge (food a fact of life) |
| Chelsea Buns | Xmas spiced biscuits | Breakfast Berry bananas muffins (Food a fact of life) |
| Xmas pudding cereal cakes | Pumpkin soup | Vegetable risotto |
| Rudolph carrot flap jack | Vegetarian chilli | Smoked paprika sausage hotpot |
| Custard | Tuna and Broccoli pasta bake | Diwali – chapattis |
|  |  | Diwali – Spicy Rice |
|  |  | Diwali – Coconut squares |
|  |  | Diwali - Mango cassi |
|  |  |  |