

Design technology - Food

EYFS	KS1	Lower KS2	Upper KS2
Pull - Fruit, pick grapes from vine.			
Crush - Soft fruit with a potato masher or fork.	Juice - Using a juicer to extract juice.	Press - Using a garlic press	
Peel - By hand.	Peel - With a swivel peeler with adult support.	Peel - With a swivel peeler with supervision.	Peel - With a swivel peeler to create ribbons to be used in a dish.
	Spread - Soft ingredients e.g. hummus, butter.	Spread - Ingredients evenly over another food.	
Shape - Foods by hand and with a rolling pin.	Shape - With accuracy for a desired effect. - Use a rolling pin.	Shape and mould - To create visually appealing products e.g. plait.	
Mix/ stir - To loosely combine ingredients. - Mash ingredients together using a fork.	Mix/ stir - With increasing toughness 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 cases (muffins).	Spoon - Be able to gauge the quantities spooned to ensure an equal amount of ingredient in each container.
Measure - Using a spoon. - Count ingredients.	Measure - Use different size measuring spoons. - Refer to ingredients in simple fractions.	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.	Cut out - Ingredients neatly with a cutter. - Use a table knife to cut dough in equal portions.	Cut out - Placing the cutter in positions to make good of the material available and avoid waste.	
	Grate - Soft foods.	Grate - Firmer food e.g. carrots.	Grate - Using the zesting part of the grater. - 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.	
	Sift - Sift flour into a bowl.		
	Thread - Thread soft foods onto cocktail sticks e.g. fruit kebabs.	Thread - Medium resistance foods onto kebab sticks e.g. mushrooms, courgettes.	Thread - Higher resistance foods onto kebab sticks e.g. peppers, onions.
Cut - Soft food with butter knife e.g. bananas.	Cut - Low resistance foods with a table knife in to equal size pieces/ slices. - 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.

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Recipe instructions	EYFS	KS1	Lower KS2	Upper KS2
	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 little support.	Follow - A simple recipe with guidance by an adult. Carryout - Instructions independently.	Follow - A simple recipe independently. Carryout - Modifications to recipes.

Equipment	EYFS	KS1	Lower KS2	Upper KS2
Crushing/ squeezing	Potato masher Fork	Juicer	Garlic press	
Peeling	By hand.	Swivel peeler (adult support)	Swivel peeler (supervision)	
Shaping	Rolling pin			
Mixing	Mixing spoons	Whisk	Blender (supervision)	
Measuring	Spoons Cups	Measuring spoons of different sizes	Measuring jug Digital scales	Analogue scales
Cutting	Butter knife Cutters	Table knife	Vegetable knife (supervision)	
Snipping		Kitchen scissors (supervision)		
Grating		Grater (support)	Grater (support)	Grater (supervision)
Heating			With adult support and supervision use: - Toaster - Hob	With adult supervision use: - Kettle - Grill - Oven