



Practical food skills chart

Through practical food experiences and opportunities, pupils should acquire, develop and secure a range of practical food skills and use a range of cooking methods so they can prepare, cook and serve a variety of drinks, meals, dishes and snacks hygienically and safely.





Pupils' practical food skills will develop over time, with the intention of these being used more precisely and accurately. In addition, it is envisaged that pupils will develop confidence and work with greater independence, with support - alternatives and adaptations provided where appropriate. Progress will be dependent on the individual pupil, their needs and capabilities.

The chart below highlights a range of skills that pupils could experience through practical food activities.









Weigh and measure ingredients

Practical food skill		Example
Weigh – weigh or estimate the weight of ingredients		<ul style="list-style-type: none"> • Weigh flour using scales • Estimate portions of pasta using handfuls
Measure – measure liquids		<ul style="list-style-type: none"> • Measure milk in a measuring jug or cup • Measure reduced salt soy sauce using a spoon





Prepare ingredients

Practical food skill		Example
Blitz, purée and blend – make food smaller; smoother or combined		<ul style="list-style-type: none"> • Blitz bread in a food processor into breadcrumbs • Blend soup in a liquidiser • Purée fruit through a sieve
Core – remove the core of fruit or vegetables		<ul style="list-style-type: none"> • Remove the core of an apple with a knife
Crush – make food smaller		<ul style="list-style-type: none"> • Crush garlic using a garlic press or with the back of a table knife or spoon • Crush biscuits in a bag with a rolling pin or hands
Cut, chop, slice, dice and trim – cut food into pieces (different sizes)		<ul style="list-style-type: none"> • Cut a tomato in half • Chop fresh herbs • Slice cucumber into sticks • Dice an onion • Trim the fat off bacon





Prepare ingredients

Practical food skill		Example
Drain – remove liquid		<ul style="list-style-type: none"> • Drain liquid from a can of red kidney beans using a sieve • Drain hot water from pasta using a colander
Grate – make food smaller/finer		<ul style="list-style-type: none"> • Grate cheese, carrots or nutmeg
Juice – squeeze the juice from fruit or vegetables		<ul style="list-style-type: none"> • Squeeze a lemon using a hand-held juicer or a fork • Squeeze an orange using an electric juicer
Peel – remove the skin from fruit or vegetables		<ul style="list-style-type: none"> • Peel a banana by hand • Peel an apple using a hand-held peeler • Peel potatoes using an electric peeler
Prove – allow a dough to rise		<ul style="list-style-type: none"> • Allow bread dough to rise until it doubles in size
Sift – remove lumps in dry food		<ul style="list-style-type: none"> • Remove lumps in flour or sugar using a sieve
Snip – cut food into smaller pieces		<ul style="list-style-type: none"> • Snip spring onions into circles • Snip a pepper into strips
Zest – remove the zest of citrus fruit		<ul style="list-style-type: none"> • Remove the zest of a lemon using a peeler, grater or zester




Mix

Practical food skill		Example
Beat – combine one or more ingredient		<ul style="list-style-type: none"> • Beat eggs with a whisk or fork for an omelette or scrambled eggs
Cream – cream together butter and sugar for a cake mixture		<ul style="list-style-type: none"> • Cream together butter and sugar for a cake mixture
Fold – gently incorporate ingredients		<ul style="list-style-type: none"> • Fold flour into a whisked egg mixture for a Swiss roll
Knead – stretch dough until it becomes elastic and smooth		<ul style="list-style-type: none"> • Knead bread dough




Mix

Practical food skill		Example
Mash – make food smoother		<ul style="list-style-type: none"> • Mash a banana with a fork • Mash potatoes with a masher
Mix, stir and combine – blend ingredients		<ul style="list-style-type: none"> • Mix fruit into porridge • Stir milk into a cup of tea • Combine cooked lentils and mushrooms, eggs and herbs for a lentil bake
Rub-in – coat flour particles with fat		<ul style="list-style-type: none"> • Rub fat into flour using hands to make scones • Rub fat into flour using a food processor to make short crust pastry
Whisk – incorporate air into a mixture		<ul style="list-style-type: none"> • Whisk eggs with a fork to make scrambled eggs • Whisk double cream using a hand or balloon whisk • Whisk egg whites using an electric whisk to make a meringue









Shape

Practical food skill		Example
Cut-out – create shapes		<ul style="list-style-type: none"> • Cut biscuit shapes using a cutter • Cut leaf shapes from pastry using a knife to decorate an apple pie
Form and shape – create shapes		<ul style="list-style-type: none"> • Form a meat mixture using hands or a burger press to make burgers • Shape bread dough into rolls, plaits or cottage loaves
Roll-out – flatten food		<ul style="list-style-type: none"> • Flatten biscuit dough using the palm of the hand • Roll-out pastry using a rolling pin


Assemble

Practical food skill		Example
Layer – different layers of ingredients		<ul style="list-style-type: none"> • Layer meat sauce, pasta sheets and white sauce to make lasagne • Layer sliced bread, tuna mayonnaise and salad to make a sandwich
Portion/divide – create smaller parts		<ul style="list-style-type: none"> • Cut a quiche into portions using a knife • Divide a meat mixture using hands into even sized meatballs
Spread – smooth a soft topping or mixture		<ul style="list-style-type: none"> • Spread butter on wholemeal toast using a table knife • Spread icing on a cake using a spatula • Spread a fruit granola bar mixture into a baking tin using the back of a spoon




Cook

Practical food skill		Example
Bake – cook in an oven		<ul style="list-style-type: none"> • Bake bread dough or cake mixture • Bake chicken breasts or fillets of fish
Casserole – cook food in liquid in a lidded pan on the hob or in the oven		<ul style="list-style-type: none"> • Cook a sausage casserole on the hob • Slowly cook a beef stew in the oven
Fry and sauté – cook on the hob (usually in oil)		<ul style="list-style-type: none"> • Fry tofu in a frying pan • Sauté onions using a frying pan to make a bolognese sauce
Grill – cook under direct heat		<ul style="list-style-type: none"> • Grill meat, fish or vegetable kebabs • Make toast
Melt, simmer and boil – use the heat of the hob to melt or cook food		<ul style="list-style-type: none"> • Melt butter or spread to make flapjacks • Simmer a chilli con carne sauce • Boil peas in boiling water
Microwave – cook or re-heat food in a microwave		<ul style="list-style-type: none"> • Cook scrambled eggs • Reheat leftover pizza or pasta
Roast – cook in an oven at higher temperatures		<ul style="list-style-type: none"> • Roast chicken, beef, pork, lamb or vegetables
Stir-fry – cook quickly on the hob		<ul style="list-style-type: none"> • Stir-fry vegetables, meat or alternatives

Chill


Practical food skill		Example
Chill – cool in the fridge		<ul style="list-style-type: none"> • Set a fresh fruit jelly • Chill sliced meats to keep fresh • Store opened bottles and jars in the fridge to extend their shelf-life

Decorate and garnish

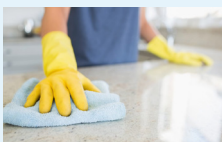


Practical food skill		Example
Decorate and garnish – make food more attractive/interesting		<ul style="list-style-type: none"> • Dust a cake with icing sugar • Sprinkle chopped nuts on yogurt • Drizzle low fat dressing on a salad
Glaze and coat – make food more attractive/interesting		<ul style="list-style-type: none"> • Brush bread dough with egg or milk before baking • Coat chicken or fish with breadcrumbs before baking • Coat cauliflower with cheese sauce to make cauliflower cheese
Pipe – create shapes with thick mixtures		<ul style="list-style-type: none"> • Pipe mashed potato • Pipe choux bun mixture onto a baking tray

Pupils should also acquire, develop, secure and practise, the following skills:

Serve

Practical food skill		Example
Serve – present the dish or meal		<ul style="list-style-type: none"> • Arrange stir-fried vegetables on top of boiled brown rice

Tidy and wash up

Practical food skill		Example
Clear away – tidy up after preparing, cooking and eating/drinking		<ul style="list-style-type: none"> • Clear away cooking equipment and other items • Wipe down work surfaces and tables to make them hygienic/clean
Wash and dry up – clean equipment used in preparation, cooking and eating/drinking		<ul style="list-style-type: none"> • Wash and dry plates, cutlery and glasses
Put away – storing equipment used		<ul style="list-style-type: none"> • Put away cooking equipment and other items neatly in the correct place

Recycle packaging/compost food waste

Practical food skill		Example
Recycle – sort and recycle packaging		<ul style="list-style-type: none"> • Rinse and dry empty cans and recycle
Compost – compost food waste		<ul style="list-style-type: none"> • Place peelings and other food waste in a compost bin

For a pupil friendly version of this chart, go to: www.foodfactoflife.org.uk