

Always supervise children in the kitchen and be aware of what they may be able to reach e.g. cords for electrical equipment, handles of saucepans, knives, anything hot!

The Skills

- Hand-washing before and after food preparation
- Using a fresh spoon each time they taste something – no double-dipping!
- Scooping using a spoon
- Stirring and mixing
- Counting
- Sorting food into different categories – fruit and veg, milk and dairy, meat, fish, eggs and beans (protein), bread, rice, potatoes (starchy foods), foods and drinks high in fat or sugar (treats)
- Spreading using a cutlery knife or back of a spoon
- Pouring using a small manageable jug
- Cutting with a table knife
- Opening and closing jars and containers
- Dipping – coating food in egg, flour, breadcrumbs for a crisp coating
- Carrying without spilling
- Washing fruit and vegetables
- Draining in a colander, not hot liquids!
- Sieving
- Measuring with spoons, measuring jug or scales
- Freezing
- Mashing using a fork, potato masher or pestle and mortar
- Tearing – lettuce and herbs, drawing attention to smells
- Hulling strawberries using your fingers to dig out the green stem
- Peeling using fingers – satsuma, banana
- Cutting with biscuit cutters - dip in flour if sticky dough, press gently and twist to detach
- Cutting with scissors using clean children's scissors
- Brushing with melted butter, milk or egg using a pastry brush
- Rolling either with a rolling pin or using hands to form a sausage shape
- Shaping rolls and biscuits
- Bashing with a pestle
- Crushing garlic – garlic grows in a bulb and is made up of cloves, remove papery skin
- Using an oven – turn it on and off, adjust temperature, light goes on when hot enough.
Demonstrate using gloves when taking things in and out of oven
- Laying the table
- Touching and tasting new foods

