Key Skills for Cooking at Moorlands Primary School



1. Hygiene and Safety

- Washing hands before cooking
- Wearing an apron and tying back long hair
- Keeping work areas clean and tidy
- Learning safe use of kitchen tools

2. Measuring and Weighing

- Using scales to weigh ingredients
- Measuring liquids accurately
- Understanding simple units (g, kg, ml, l)

3. Food Preparation

- Peeling, tearing, grating, and chopping ingredients
- Using age-appropriate knives safely
- Preparing fruits and vegetables

4. Mixing and Combining

- Stirring, whisking, and folding ingredients
- Following recipes in the correct order
- Understanding how ingredients work together

5. Following Instructions

- Reading simple recipes
- Following step-by-step directions
- Sequencing tasks correctly

6. Cooking Techniques

- Baking simple foods
- Spreading, rolling, and shaping dough
- Learning basic heating and cooking methods

7. Evaluating Food

- Tasting and describing flavours
- Discussing texture, smell, and appearance
- Suggesting improvements to recipes

8. Healthy Eating Knowledge

- Identifying food groups
- Understanding balanced meals
- Making healthy food choices

9. Teamwork and Communication

- Sharing equipment
- Taking turns
- Working cooperatively with others

10. Independence and Responsibility

- Organising ingredients and equipment
- Cleaning up after cooking
- Taking responsibility for personal safety