

Little Explorers	Manage own hygiene by washing and drying their hands.	Be able to taste/try a range of food from own vegetable patch.	Be able to butter homemade bread independently.	Observe a range of food and plants growing.	Kneading and rolling out dough and understanding how ingredients come together.	Be able to discuss ways in which we stay healthy and safe.
Explorers	Taste/try multi-cultural foods.	Cut/peel ingredients safely and hygienically.	Measure or weigh using measuring cups or scales.	Explore recipes and ingredients to identify likes and dislikes.	Understand and make healthy choices in relation to healthy eating and exercise.	
Philosophers	Follow a recipe.	Measure ingredients to the nearest gram accurately.	Cut ingredients safely and accurately for the recipe.	Understand where our food comes from and how it can affect the world, we live in.		
Trailblazers	Assemble or cook ingredients (controlling the temperature of the oven or hob)	Understand the importance of correct storage and handling of ingredients (using knowledge of micro-organisms).	To be able to create a recipe and refine/improve recipes including ingredients, methods, cooking times and temperatures.	Identify some of the great chefs and pioneers throughout history.		