

Oaktree School Curriculum Ladder

Food Tech

Cooking

Health & Safety

Diet

Oaktree School Curriculum Ladder

Food Tech Step 1

Name: _____

Learning Objective	Date
<u>Cooking</u> I can participate in handling food	
I can observe adults preparing food	
I can stir food with full support	
<u>Safety</u> I can get ready for cooking with full support	
<u>Diet</u> I can demonstrate a preference with support	
I can participate in trying foods that have been made	

No. targets met	1	2	3	4	5	6
Point	1	2	3	4	5	6

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Food Tech Step 2

Name: _____

Learning Objective	Date
<u>Cooking</u> I can assist in preparing a snack/drink	
I can show an interest in using kitchen utensils	
I can show an awareness of different textures: soft, hard, crispy, etc	
<u>Safety</u> I can identify what different kitchen appliances are using words, signs or symbols e.g. oven, hob, dishwasher, fridge, microwave, etc	
I can demonstrate why hot food/drinks could hurt us	
<u>Diet</u> I can choose a preferred snack/drink when given an option	

No. targets met	1	2	3	4	5	6
Point	7	8	9	10	11	12

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Food Tech Step 3

Name: _____

Learning Objective	Date
<u>Cooking</u> I can help wash and put away equipment	
I can show an understanding of hot/cold food/drink	
I can observe adults using simple equipment (knives & forks) & copy those actions with support	
<u>Safety</u> I can follow instructions to get ready for cooking	
<u>Diet</u> I can respond when asked if I like or dislike something	
I can answer simple questions relating to work undertaken using words, signs or symbols	

No. targets met	1	2	3	4	5	6
Point	13	14	15	16	17	18

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Food Tech Step 4

Name: _____

Learning Objective	Date
<u>Cooking</u> I can choose the correct cutlery to use when eating	
I can use a variety of simple equipment e.g. bowls, graters, boards	
I can understand comparative words in instructions e.g. up/down, wet/dry, on/off etc	
<u>Safety</u> I can wash my hands independently & don an apron	
I can identify dangers in the room e.g. hot hob, sharp knife	
<u>Diet</u> I can identify sweet and savoury flavours	

No. targets met	1	2	3	4	5	6
Point	19	20	21	22	23	24

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Food Tech Step 5

Name: _____

Learning Objective	Date
<u>Cooking</u> I can safely use a kettle fully supported	
I can safely use a toaster fully supported	
I can collect equipment by looking at pictures	
<u>Safety</u> I can demonstrate an understanding of safety whilst in the HE Room	
<u>Diet</u> I can classify foods based on basic taste & texture e.g. sweet, sour, hard, soft, runny, etc – when given a choice of two words	
I can say if food comes from a plant or an animal	

No. targets met	1	2	3	4	5	6
Point	25	26	27	28	29	30

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Food Tech Step 6

Name: _____

Learning Objective	Date
<u>Cooking</u> I can use key words to describe what I did	
I can find the necessary equipment using its correct name	
I can operate a kettle independently	
I can operate a toaster independently	
<u>Safety</u> I can recognise & describe why something could be a hazard in the HE Room	
I can talk through basic hygiene rules and get myself ready for cooking independently	
<u>Diet</u> I can say why fruit & vegetables are good for me	
I can use suitable adjectives to describe the taste & texture of various foods	
I can talk about foods that can be grown at home or at school	

No. targets met	1	2	3	4	5	6	7	8	9
Point	31	32	33	34	35	36	37	38	39

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Food Tech Step 7

Name: _____

Learning Objective	Date
<u>Cooking</u> I can follow simple instructions to prepare food	
I can recall knowledge from previous work	
I can match a picture of equipment to its purpose and use	
<u>Safety</u> I can use a variety of utensils independently – including electric ones	
I can use the hob safely	
I can state why foods should be stored in different places & identify said places	
<u>Diet</u> I can identify some of the main food groups	
I can state what type of food is what e.g. chicken is meat, an apple is a fruit, etc	
I can say why we have different food for different meals (balanced diet)	

No. targets met	1	2	3	4	5	6	7	8	9
Point	40	41	42	43	44	45	46	47	48

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Food Tech Step 8

Name: _____

Learning Objective	Date
<u>Cooking</u> I can ask suitable question about the meal I am preparing	
I can consider an idea for a meal and suggest how it could be achieved	
I can plan a celebration meal – 3 courses	
I can write a step-by-step recipe for something I have made	
<u>Safety</u> I can drain food safely using a variety of processes	
I can discuss the process of leaving every part of the kitchen sanitised and tidy after use	
<u>Diet</u> I can appreciate the values of different vitamins in food	
I can appreciate the values of different minerals in food	
I can talk about 'staple foods' – e.g. pasta, rice	

No. targets met	1	2	3	4	5	6	7	8	9
Point	49	50	51	52	53	54	55	56	57

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Food Tech Step 9

Name: _____

Learning Objective	Date
<u>Cooking</u> I can follow a recipe using pictures as guidelines	
I can prepare all my ingredients before cooking – with support	
I can lay out all the utensils that I will need to cook my dish – with support	
<u>Safety</u> I can put my used equipment somewhere safely and tidily as each piece is used – with support	
I can place my dish in the oven and remove it safely – with support	
I can wash, dry and store utensils used after preparation is complete – with support	
<u>Diet</u> I can identify the food groups of my completed dish – carbs, protein, vegetables, etc – with support	
I can talk about a different dish using the same/similar ingredients	
I can talk about what a complimentary dessert would look like – with support	

No. targets met	1	2	3	4	5	6	7	8	9
Point	58	59	60	61	62	63	64	65	66

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Food Tech Step 10

Name: _____

Learning Objective	Date
<u>Cooking</u> I can follow a recipe using words – instead of pictures	
I can prepare all my ingredients before cooking - independently	
I can lay out all the utensils that I will need to cook my dish - independently	
<u>Safety</u> I can put my used equipment somewhere safely and tidily as each piece is used – independently	
I can place my dish in the oven and remove it safely – independently	
I can wash, dry and store utensils used after preparation is complete – independently	
<u>Diet</u> I can identify the elements of my completed dish – carbs, protein, vegetables, etc – independently	
I can suggest possible improvements to the dish I have cooked	
I can talk about what a complimentary dessert would look like	

No. targets met	1	2	3	4	5	6	7	8	9
Point	67	68	69	70	71	72	73	74	75

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Food Tech Step 11

Name: _____

Learning Objective	Date
<u>Cooking</u> I can identify different herbs	
I can identify different spices	
I can state which herbs/spices suit which dishes	
I can recall and name different herbs and spices used in a dish we have prepared	
<u>Safety</u> I can say why everything used to prepare a dish must be thoroughly cleaned after use	
I can clean a hob safely	
I can clean a fridge properly	
<u>Diet</u> I can tell if food has gone off on sight	
I can talk about the dangers of eating anything that has gone off	

No. targets met	1	2	3	4	5	6	7	8	9
Point	76	77	78	79	80	81	82	83	84

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Food Tech Step 12

Name: _____

Learning Objective	Date
<u>Cooking</u>	
I can measure food using scales	
I can measure liquids in a jug	
I can prepare a basic stock from cubes	
I can prepare a basic stock from ingredients	
<u>Diet</u>	
I can identify fats in our diet	
I can explain why we need some fats in our diet	
I can identify saturated fats	
I can identify trans fats	
I can identify unsaturated fats	

No. targets met	1	2	3	4	5	6	7	8	9
Point	85	86	87	88	89	90	91	92	93

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Food Tech Step 13

Name: _____

Learning Objective	Date
<u>Cooking</u>	
I can select appropriate equipment based on the task at hand	
I can discuss how ingredients interact with each other	
I can identify what has worked well when cooking a dish	
I can identify what has not worked well when cooking a dish	
<u>Diet</u>	
I can name different types of food in each food group	
I can name foods that are carbohydrates	
I can name foods that are proteins	
I can talk about the job carbohydrates do	
I can talk about why protein is a necessary part of a healthy diet	

No. targets met	1	2	3	4	5	6	7	8	9
Point	94	95	96	97	98	99	100	101	102

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Food Tech Step 14

Name: _____

Learning Objective	Date
<u>Cooking</u>	
I can make choices to cook certain dishes when given options	
I can answer questions about what I am doing as I prepare a dish	
I can use appropriate vocabulary to describe what I am doing	
<u>Safety</u>	
I can say why water and electricity never mix	
I can demonstrate how to save power in the kitchen	
I can identify safety features in the HE room – e.g. first aid kit, fire blanket, fire exit, fire extinguisher	
<u>Diet</u>	
I can discuss how food changes as it cooks and why it does so	
I can name different types of shops to buy certain foods in	
I can develop a 'taste test' to compare foods and consumer preferences	

No. targets met	1	2	3	4	5	6	7	8	9
Point	103	104	105	106	107	108	109	110	111

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Food Tech Step 15

Name: _____

Learning Objective	Date
<u>Cooking</u>	
I can independently follow a recipe	
I can consider & produce more than 1 meal idea for the same product	
I can discuss & describe the order of tasks	
<u>Safety</u>	
I can understand date markings on meals	
I can understand the difference between 'use by' & 'best before' stamps	
I can demonstrate appropriate food safety & understand cross contamination	
<u>Diet</u>	
I can state how different dietary needs can be met	
I can place most foods in their correct food groups	
I can demonstrate a strong awareness of healthy eating & assess if a meal is balanced or not	

No. targets met	1	2	3	4	5	6	7	8	9
Point	112	113	114	115	116	117	118	119	120

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Food Tech Step 16

Name: _____

Learning Objective	Date
<u>Cooking</u> I can evaluate my recipe plans & suggest how they can be modified	
I can design several ideas for a dish e.g. a pasta dish	
I can describe the value of seasoning food & which seasonings suit various dishes	
<u>Safety</u> I can candidly state ways to prevent cross-contamination	
I can discuss food labels and what they mean	
I can explain why kitchen hygiene is paramount	
<u>Diet</u> I can consider dietary needs & describe how to prepare alternative meals	
I can design a daily menu that is varied & balanced	
I can understand the benefits of various vitamins & minerals	

No. targets met	1	2	3	4	5	6	7	8	9
Point	121	122	123	124	125	126	127	128	129

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Food Tech Step 17

Name: _____

Learning Objective	Date
<u>Cooking</u>	
I can present food aesthetically	
I can state the benefits of various types of cooking e.g. roasting, sautéing, boiling, etc	
I can explain how the various cooking processes work	
<u>Safety</u>	
I can describe how to ensure hygiene within the kitchen	
I can state how particular areas of the kitchen can be kept hygienic e.g. surfaces, floors, fridges, ovens, etc	
I can act as a role model for kitchen safety	
<u>Diet</u>	
I can design menus based on dietary needs for specific health reasons	
I can appreciate religiously diverse foods e.g. Halal, Jewish, etc	
I have a clear understanding of vegan/vegetarian/non-vegetarian protocols	

No. targets met	1	2	3	4	5	6	7	8	9
Point	130	131	132	133	134	135	136	137	138

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