



I Can Statements - Year 5 Food Technology:

Unit/Topic Overview	Pre-taught Vocabulary	
In Year 5, students explore health and safety in the food room, how to clean their equipment and area, how to use equipment safely, how to use a knife, peeler, grater, blender and garlic crusher, basic chopping skills, using boiling water/the bain-marie method, measuring using teaspoons, tablespoons and liquid (ml) and how to use the hob, grill and oven safely. They have practical lessons where they make a specific dish and skills lessons, where they focus on particular skills etc that supports their understanding and independence in the practical lessons. By the end of the first half-term, students should be able to demonstrate a good understanding of health and safety, cleaning up, how to use a knife and peeler safely, basic chopping skills and how to use the hob safely/confidently. Most students should be able to demonstrate some independence and be able to follow the method. By the end of the term, students should be able to demonstrate an excellent understanding of health and safety, cleaning up, using the hob and following the method independently. Students should be able to demonstrate using the grill and oven safely/confidently and be able to assess when their food is cooked.	Claw	Bridge
	Slice	Dice
	Colander	Al-dente
	Boil	Simmer

RAG Rating:		Start	End	Teacher
1.	Skills Lesson = I can demonstrate grating safely.			
2.	Fruit Smoothie = I can demonstrate the bridge and claw techniques correctly.			
3.	Couscous Salad = I can measure liquid accurately (ml), using a measuring jug.			
4.	Skills Lesson = I can safely use the hob (understand which dial is for which hob/turn on and off).			
5.	Pasta = I can independently assess when pasta is cooked.			
6.	Pasta Sauce = I can independently use a garlic crusher.			
7.	Chocolate Crunch Nests = I can use the bain-marie method to melt chocolate to the right consistency.			
8.	Eggy Bread = I can crack an egg with minimum or no shell.			
9.	Pizza Toast = I can safely use the grill (ensuring an adult is watching/using oven gloves).			
10.	Granola = I can safely use the oven (ensuring an adult is watching/working in pairs/use oven gloves etc).			
11.	Jam Tarts = I can handle pastry carefully and make 12 neat tarts.			

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