

What we already know (term 4):

- Understand why we should eat at least 5 portions of fruit and veg each day.
- Understand how to measure and weigh out ingredients.

Stage 3/4 Food Technology: Food safety and Hygiene Basic food skills

What's next (term 6):

- Will be able to understand that food comes from plants and animals and has to be farmed, grown or caught.
- Able to identify various cookery items (equipment) and use the correct name.

Range of cooking methods

Healthy eating

Food sources and seasonality

Personal and kitchen hygiene

Key Vocabulary

Personal hygiene	Why is it important to maintain personal hygiene when cooking
Food poisoning	Understanding what it is and what can cause it
Colour coded equipment	To know why there are different colours of equipment.
Temperature control	To understand why certain food items are stored at a particular temperature
Handling and using certain types of cooking equipment	To start to understand that each cooking equipment has a particular role.
Cooking methods	To start to understand that certain foods require a particular cooking method.
Knives and utensils	To know which knife or utensil to use for a basic task.
Food skills and techniques.	To understand how certain food items are prepared correctly and in a safe and hygienic manner.
Weighing and measuring	To understand how to weigh correctly

What I will know by the end of the unit:

I will be able to identify how different vegetables need to be prepared.

I will be able to identify how different fruits are prepared.

I will be able to demonstrate the use of the right tools to peel, grate and chop certain food items.

I will continue to learn about kitchen hygiene and its importance.

I will continue to learn how to produce various basic dishes

I will continue to learn how to handle a knife and other utensils safely in the kitchen.

