

What we already know (Term 4):

- Able to take temperatures of the start, middle and ending of cooking.
- Able to work in a safe, hygienic way avoiding hygiene risks.
- Continue to develop the ability to check food and identifies a dish that requires improvement in flavour/seasoning and can suggest what to add.
- Able to use correct equipment to achieve different cooking methods.

Stage 5/6 Food Technology: Food safety and Hygiene Basic food skills

What's next (term 6):

- Able to select ingredients and prepare them.
- Able to weigh ingredients to an appropriate level of accuracy.
- Able to identify what chopping board to use
- Can state three methods of storing foods,
- Able to identify why wearing of PPE is important.

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. Correct use of PPE
Food poisoning	Understanding what it is and what can cause it
Nutrients	To know what are nutrients and what they provide the body
Temperature control	To understand why certain food items are stored at a particular temperature
Handling and using certain types of cooking equipment	To continue 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 by washing, peeling, chopping or slicing.
Weighing and measuring	To understand how to weigh correctly

What I will know by the end of the unit:

I will know how to select and use the correct equipment and handle safely and hygienically whilst preparing food.

I will know how to plan a nutritious meal

I will be able to understand that some foods are processed into different ingredients i.e. milk into butter.

I will be able select the correct ingredients and amounts for basic dishes ready to cook

I will be able to demonstrate an understanding that some foods are seasonal and give some examples.

I will continue to learn how to produce basic dishes.

