

What we already know (term 4)

Able to understand the balance of good food.

Able to identify food groups

Understand the five a day and better balanced diet including for a healthier lifestyle.

Stage 7 Food Technology: Food safety and Hygiene Basic food skills

What's next (term 6)

- Able to research food and recipes.
- Develop an understanding of taste and evaluating Food Able to make changes through those evaluations

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 for different food stuffs
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 particular 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 the importance of following a recipe

What I will know by the end of the unit:

I will know and demonstrate the ability to clean down efficiently.

I will know and recognise how to work more independently

I will know and understand with assistance, the purpose of a recipe and follow it.

I will know how to use a set of scales accurately.

I will continue to produce a variety of dishes and increase my skills.

