

What we already know (from term 4):

- **Cooking (Food preparation and handling skills)**
- **Name and safely use simple equipment with some help and degree of accuracy.**
- **Identify a range of preparation techniques- peeling, chopping, dicing and slicing.**
- **Use most equipment with a level of accuracy.**

Stage 8/9 Food Technology: Food safety and Hygiene Basic food skills

What's next (term 6):

- **Be able to list the information found on a food label.**
- **Describe the information which is required by law. Evaluate this information and explain how it helps to inform the consumer.**
- **Be able to discuss the difference between allergies and intolerance**
- **Interpret different food labels.**

Range of cooking methods

Healthy eating

Food sources and seasonality

Personal and kitchen hygiene

Key Vocabulary

Personal hygiene	Continue to recognise the importance of maintaining within the kitchen
Food poisoning	Understanding what it is and what can cause it
Kitchen safety and hygiene	To recognise what could be a hazard within the kitchen.
Types of temperature controls	To understand why certain food items are stored and cooked at a particular temperature
High risk foods	To know what is meant by high risk foods and how they are stored and treated.
Cooking methods	Continue with a variety of cooking methods and to understand the reasoning behind that method
Knives and utensils	To state the name and purpose for each knife or utensil used within the kitchen
Food skills and techniques.	To continue to develop independence in the skills required to complete a dish.
Nutrients	To know what they do to the body

What I will know by the end of the unit:

I will know how to build and apply an expanding repertoire of knowledge, understanding and skills in order to create and make high quality dishes.

(year 9 cycle B)

I will be able to know and list the information found on a food label.

(year 8 cycle A)

I will know how to describe the information on labels which is required by law. Evaluate this information and explain how it helps to inform the consumer.

(year 8 cycle A)

Be able to discuss the difference between allergies and intolerance

Interpret different food labels.

(year 8 cycle A)

I will know how to improve my knife skills, appropriate cooking methods, appropriate use of utensils and equipment thus working in a safe and hygienic manner to achieve the task.

(year 9 cycle B)

Developing the knowledge in problem solving with the dish should a problem occur.

(year 9 cycle B)

