

What we already know (Green class stage 1/2):

- To have a basic understanding of how to work safely and hygienically to produce basic dishes.

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

What's next (term 2)?

- To be able to make a hot drink and produce a basic dish.

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 know how to prepare basic ingredients to produce basic dishes with support hygienically.

I will know that food comes from plants and animals and has to be farmed, grown or caught.

I will be able to identify various cookery items in the kitchen and their names.

I will demonstrate how to wash and dry equipment and utensils properly and the importance of doing it correctly.

Through support, I will learn various basic cooking methods.

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

