

What we already know:

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

Stage 1/2 Food Technology: Food safety and Hygiene Basic food skills

What's next (Stage 2):

- To recognize and identify various fruit and vegetables.
To learn how to store food.

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 what is meant by personal hygiene and the reason for it
I will know about food poisoning and what causes it
I will know what a recipe is for to make basic dishes.
I will know how to wash and dry equipment and utensils and the importance of doing it correctly.
I will know why certain foods are stored in a particular way so as to avoid wastage due to foods either going off or worse have bacteria which could grow.
I will begin to learn how to handle a knife safely in the kitchen.

