

**What we already know (Blue class class):**

- To have a basic understanding of cross contamination and how to work safely and hygienically to produce basic dishes. To produce a basic dish with minimum support.

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

**What's next (term 2):**

- To be able to learn about cooking temperatures. To be able to produce a dish with minimal support. Understand the eat well plate and the different size of each sections.

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 the basic nutrients in some foods and what they do to the body .
I will know how to prepare and cook complex sandwiches using the correct ingredients, methods and equipment.
I will be able to prepare various vegetables by washing, peeling, coring and chopping or slicing.
I will know the importance of the 5 a day involving fruits and vegetables.
Through support, I will continue to learn various basic cooking methods.
I will continue to learn how to handle a knife and other utensils safely in the kitchen. Through out lessons I will be maintaining personal and kitchen hygiene including PPE.

