

**What we already know (Red and purple class stage 5/6):**

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

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

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

- To recognize and use the correct equipment and utensils.

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 the importance of working safely and hygienically whilst preparing food in a kitchen to prevent harm to myself and to others.

I will know some of the various cooking methods to produce certain dishes and understand why they are cooked in such a way to produce a satisfactory dish or dishes.

I will know what causes food poisoning and recognise the three main elements i.e. Bacterial, chemical and physical and how to prevent or reduce the risk.

I will know and recognise the various cooking equipment, knives and utensils used within the kitchen and what they are used for.

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 a bacterial level high enough to cause harm. I will also understand the reason of use by and best before dates on foods.

I will begin to develop knife and cooking skills to enable the preparation of dishes to become quicker whilst still remaining safe. To understand the importance of following recipes to ensure a successful outcome of a dish.

