

What we already know (term 2):

- Able to identify various fruit and vegetables.
- Understand how to store food items correctly.

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

What's next (term 4)?

- Understand why we should eat at least 5 portions of fruit and veg each day.
- Understand how to measure and weigh out ingredients.

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 use the right tools to peel fruit.

I will know which tools to use to peel and prepare vegetables.

I will know some of the foods on the eat well plate

I will continue to learn different cooking methods to produce basic dishes.

