

**What we already know (term 2):**

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

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

**What's next (term 4)?**

- Demonstrate a good understanding on kitchen safety.
- Able to prepare a fruit salad using a minimum of 5 fruits.
- Name various pieces of kitchen equipment, plus point out dangers in the kitchen from pictorial diagrams.

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 be able to draw a diagram of a cooker and hob and label parts

I will know how to identify some equipment required for different cooking methods

I will know how to cook a dish using a variety of cooking methods

I will know what each coloured chopping board is for.

I will continue to learn about kitchen hygiene and its importance.

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

