

What we already know (term 2) To recognize and use the correct equipment and utensils.

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

What's next (term 4)?

- Able to understand the balance of good food.
- Able to identify food groups
- Understand the five a day and better balanced diet including for a healthier lifestyle.

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 how to use small equipment within the kitchen.
I will know how to use various utensils including knives within the kitchen.
I will know how to use the cooker, microwave and several electrical equipment correctly and safely.
I will continue to know and produce a variety of dishes
I will continue to develop knife and cooking skills through various dishes, to enable the preparation of dishes to become quicker whilst still remaining safe.

