

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

- To recognize and use correctly most equipment and utensils for the task with some degree of accuracy. To increase the repertoire of dishes being made.

**Stage 8/9 Food Technology:  
Food safety and Hygiene Basic food skills**

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

- Name and safely use simple equipment with some help and degree of accuracy. Identify and demonstrate a range of preparation techniques.
- Work increasingly independently with a range of correct equipment to produce a quality product.
- Food Safety, name basic food safety principles.

Range of cooking methods

Healthy eating

Food sources and seasonality

Personal and kitchen hygiene

**Key Vocabulary**

Personal hygiene	Continue to recognise the importance of maintaining within the kitchen
Food poisoning	Understanding what it is and what can cause it
Kitchen safety and hygiene	To recognise what could be a hazard within the kitchen.
Types of temperature controls	To understand why certain food items are stored and cooked at a particular temperature
High risk foods	To know what is meant by high risk foods and how they are stored and treated.
Cooking methods	Continue with a variety of cooking methods and to understand the reasoning behind that method
Knives and utensils	To state the name and purpose for each knife or utensil used within the kitchen
Food skills and techniques.	To continue to develop independence in the skills required to complete a dish.
Nutrients	To know what they do to the body

**What I will know by the end of the unit:**

I will know through cooking a variety of dishes how food is prepared and handled. (year 8 cycle A)  
I will know and understand the concepts behind healthy eating (Year 9 cycle B)

I will know how to recognise and name and safely use simple equipment with some help and degree of accuracy. (year 8 Cycle A)

I will know, understand and Identify a range of preparation techniques- peeling, chopping, dicing and slicing. Year 8 Cycle A)

I will continue to know about nutrients and what they do to the body and their sources. (Year9 cycle B)

