

What we already know (term 5):

- . Able to identify how different fruit and vegetables need to be prepared.
- Demonstrate the use the right tools to peel, grate and chop.

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

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 understand what is cross contamination
I will be able to demonstrate how to avoid cross contamination.
I will know the purpose of full PPE.
I will be able to wear and use PPE correctly
I will continue to make basic sweet and savoury dishes.
I will continue to learn how to handle a knife and other utensils safely in the kitchen.

