

What we already know (Term 5):

- 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.

**Stage 5/6 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. Correct use of PPE
Food poisoning	Understanding what it is and what can cause it
Nutrients	To know what are nutrients and what they provide the body
Temperature control	To understand why certain food items are stored at a particular temperature
Handling and using certain types of cooking equipment	To continue 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 by washing, peeling, chopping or slicing.
Weighing and measuring	To understand how to weigh correctly

What I will know by the end of the unit:

I will know how to select and prepare certain ingredients.
I will know how weigh ingredients to an appropriate level of accuracy
I will know which chopping board to use and why.
I will be able state three ways in which we can store food.
I will be able to state why wearing PPE is important.
I will continue to learn how to produce basic dishes.

