

What we already know (term 5)

- Work more independently
- Able to understand and work to a Recipe.
- Able to use scales accurately
- Demonstrate the ability to clean down efficiently.

Stage 7 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 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:

<p>and evaluating Food Able to make changes through those evaluations Using books and internet, I will be able to research food and recipes.</p>
<p>I will know and develop an understanding of how food tastes and how to improve the flavour of a dish.</p>
<p>I will know how to evaluate food and to be able to make changes through those evaluations.</p>
<p>I will continue to know and produce a variety of savoury and sweet dishes</p>
<p>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.</p>
<p>I will continue to maintain personal and kitchen hygiene when cooking.</p>

