

**What we already know (term 3):**

- Can demonstrate the use of the right tools to peel fruit or veg.
- Able to name foods from each section of the Eat Well plate

## Stage 1/2 Food Technology: Food safety and Hygiene Basic food skills

**What's next (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

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 know why we should eat at least 5 portions of vegetables and fruit a day.

I will know and understand how to measure and weigh out ingredients with support.

I will continue to know the importance of working safely and hygienically

I will continue to learn different cooking methods to produce basic dishes.

