

What we already know (term 3):

- Able to identify equipment required and process for different cooking methods.
- Able to cook a dish using a variety of cooking methods to the required standard.
- Able to draw a diagram of a cooker and hob and label parts, list what each coloured chopping board is used for to prevent cross contamination.

Stage 3/4 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 be able to demonstrate a good understanding on kitchen safety
I will know how to prepare a fruit salad using a minimum of 5 fruits
I will be able to identify various pieces of kitchen equipment.
I will be able to point out some dangers within a kitchen from a pictorial diagram
I will continue to learn about kitchen hygiene and its importance.
I will continue to learn how to handle a knife and other utensils safely in the kitchen.

