

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

- Able to use small equipment and utensils including knives
- Know how to use the cooker, microwave and electrical Equipment correctly and safely

## Stage 7 Food Technology: Food safety and Hygiene Basic food skills

**What's next (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.

Range of cooking methods

Healthy eating

Food sources and seasonality

Personal and kitchen hygiene

### What I will know by the end of the unit:

| 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   |

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| I will know the reasoning by having a balanced diet.   |
| I will know and recognise the various food groups ie fruit and vegetables, carbohydrates, proteins, fats, oils and dairy.                                      |
| I will know understand the purpose of the five a day plan leading to a healthier lifestyle.  |
| I will continue to know and produce a variety of savoury and sweet dishes  |
| 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. |

