

What we already know (from term 3):

- **Cooking (Food preparation and handling skills)**
- **Name and safely use simple equipment with some help and degree of accuracy.**
- **Identify a range of preparation techniques- peeling, chopping, dicing and slicing.**
- **Nutrients.**

## Stage 8/9 Food Technology: Food safety and Hygiene Basic food skills

What's next (term 5)

- Name and safely use simple equipment with some help and degree of accuracy. Identify and demonstrate a range of preparation techniques.
- Work increasingly independently with a range of correct equipment to produce a quality product.
- Food Safety, name basic food safety principles.

Range of cooking methods

Healthy eating

Food sources and seasonality

Personal and kitchen hygiene

### Key Vocabulary

Personal hygiene	Continue to recognise the importance of maintaining within the kitchen
Food poisoning	Understanding what it is and what can cause it
Kitchen safety and hygiene	To recognise what could be a hazard within the kitchen.
Types of temperature controls	To understand why certain food items are stored and cooked at a particular temperature
High risk foods	To know what is meant by high risk foods and how they are stored and treated.
Cooking methods	Continue with a variety of cooking methods and to understand the reasoning behind that method
Knives and utensils	To state the name and purpose for each knife or utensil used within the kitchen
Food skills and techniques.	To continue to develop independence in the skills required to complete a dish.
Nutrients	To know what they do to the body

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

I will be able to name and safely use simple equipment with some help and degree of accuracy.  
Identify and demonstrate a range of preparation techniques. (Year 8 Cycle A)  
I will know and understand the concepts behind healthy eating (Year 9 cycle B)

I will continue to work increasingly independently with a range of correct equipment to produce a quality product.  
(year 8 Cycle A)  
I will be able to understand what nutrients do to the body – Build, repair, heat, energy and regulate the body (Year 9 Cycle B)

I will continue to understand about food safety and name basic food safety principles  
(year 8 Cycle A)  
I will understand National guidelines towards saturated fats, sugars and salt  
Understanding key nutrients, main sources. (Year 9 Cycle B)

I will continue to develop my repertoire with various savoury and sweet dishes.  
(Both Years 8 and 9)

