

**What we already know (term 1):**

- Able to understand that food comes from plants and animals and has to be farmed, grown or caught.
- Able to identify various cookery items (equipment) and use the correct name.

## Stage 3/4 Food Technology: Food safety and Hygiene Basic food skills

**What's next (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.

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 how to prepare a basic fruit salad with 3 fruits
I will know how to make a cup of tea. Able
I will know how to make a cheese and tomato toastie.
I will know how demonstrate the correct way to wash hands and explain the importance of the procedure.
Through support, I will learn various basic cooking methods.
I will continue to learn how to handle a knife and other utensils safely in the kitchen.

