

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

- To have a basic understanding of cross contamination and how to work safely and hygienically to produce basic dishes. To produce a basic dish with minimum support.

## Stage 5/6 Food Technology: Food safety and Hygiene Basic food skills

**What's next (term3)?**

- Continue to demonstrate an understanding of safe and unsafe cooking temperatures.
- continue to carry out the weighing out of ingredients
- understand all sections of the Eat Well plate.
- Importance of seasoning in dishes.

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. Correct use of PPE
Food poisoning	Understanding what it is and what can cause it
Nutrients	To know what are nutrients and what they provide the body
Temperature control	To understand why certain food items are stored at a particular temperature
Handling and using certain types of cooking equipment	To continue 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 by washing, peeling, chopping or slicing.
Weighing and measuring	To understand how to weigh correctly

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

I will know what safe and unsafe cooking temperatures are
I will know the sections of the eat well plate and why they differ in size
I will be able to check whether a dish needs more seasoning.
I will know how to weigh out ingredients for a recipe and complete the dish unaided.
Through support, I will continue to learn various basic cooking methods.
I will continue to learn how to handle a knife and other utensils safely in the kitchen. Through out lessons I will be maintaining personal and kitchen hygiene including PPE.

