

What we already know (term 1) **State what is Personal Hygiene**  
**Demonstrate how to prevent food poisoning and be able to understand packaging**  
**Know how to store food correctly and how to cook safely to produce basic dishes.**

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

What's next (term3)?

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

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

<p><b>I will continue to prepare and cook basic dishes through support.</b></p>
<p><b>I will know the importance of weighing and measuring correctly</b></p>
<p><b>To understand the importance of following recipes to ensure a successful outcome of a dish.</b></p>
<p><b>I will continue to know and recognise the various cooking equipment, knives and utensils used within the kitchen and what they are used for.</b></p>
<p><b>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.</b></p>

