

What should I already know?

- ◇ the importance of a healthy diet
- ◇ How to use some equipment safely
- ◇ How to plan and evaluate a dish with support

Key Vocabulary

texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savory, hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet, planning, design criteria, purpose, user, annotated sketch, sensory evaluations utensil

Resources to help me with my learning!

At home I could with an adults permission help with meal preparation.

- ◇ practice peeling and grating
- ◇ Practice cutting using the bridge and claw technique
- ◇ Practice washing up and handling foods safely

What will I know by the end of this unit?

- I know that chefs trial menus and do taste testing to refine their dishes
- I know how to safely use a knife to chop and a peeler to grate
- I know the importance of washing my hands after handling meat
- I know that you need to use different equipment for meat and vegetables and can explain why
- I can use technical vocabulary when I evaluate my product

Skills and techniques



Grating cheese



Spreading butter on bread



Cutting using the bridge technique



Cutting using the claw technique