

I should already know:

- Some basic knowledge of different types and groups of food
- Some knowledge of how food is prepared

I will learn:

Healthy Eating

Looking at how we include our 5 a day, the eat-well plate and what a healthy and balanced diet means. Understanding the functions of food for our bodies and some of the science behind this.

Food Preparation

Practical skills in how to prepare food safely and effectively and the different techniques, methods and tools and equipment used. Understand a range of different ingredients and how they can effect recipes and sensory analysis.

Food Hygiene and safety

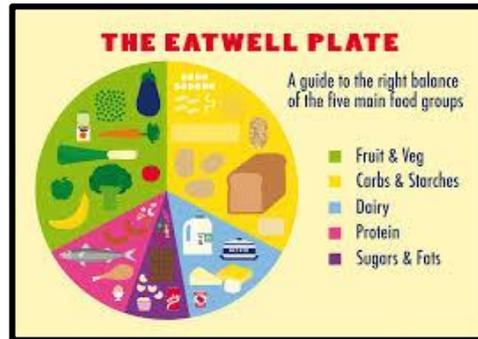
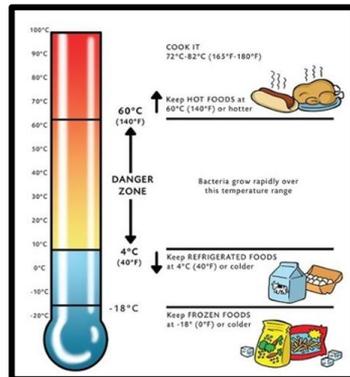
The importance of good food hygiene and safety and how this is achieved and maintained whilst preparing and cooking food, including working with and handling raw meat.

This will help in the future:

Understand the science behind food and how to maintain a healthy and balanced diet, be able to prepare a range of dishes, know key tools and equipment

Key Words

Eat-well Plate	A guide to help us maintain a healthy and balanced diet
Carbohydrates	Starchy foods that provide the body with energy
Protein	Meats, fish, eggs, beans etc. that help maintain and build muscle
Food Hygiene	How to prepare food hygienically so it is safe to eat
Mise en place	A French word that means 'putting in place'
Danger Zone	Correct temperatures food must be kept at
Bridge and Claw	A technique used to cut fruit and vegetables safely .



Greater Depth Challenge

Create a fact file on the effects of protein, carbohydrates and fats on the body.

Further Reading

<https://www.bbc.com/bitesize/subjects/zb8jmp3>

Skills: Health and safety is extremely important in the kitchen. Knives are very sharp so must be used correctly to prevent accidents. Fruit and vegetables can be difficult to prepare, so we use the Bridge and Claw grips to hold them firmly while we cut them. These grips keep our fingers away from the knife.



Bridge

Make a bridge over the fruit or vegetable with your hand. Your fingers should be on one side and your thumb should be on the other. Pick up the knife with your other hand and check that the blade is facing downwards. Then, guide the knife under the bridge and over the fruit or vegetable. Cut by pressing the knife down and pulling it out of the bridge.

Claw

Make a claw with your hand by partly curling your fingers together. Then, pick up the knife with your other hand and check that the blade is facing downwards. Tilt the knife and slice through the fruit or vegetables, using your fingers as a guide. Slide your fingers back, vegetable, and continue slicing carefully.

Excel: What is Gluten and how does it affect the body?

Science:

Yeast is a single celled living organism that requires certain conditions for growth. The conditions are; Food, Warmth, Moisture and Time. When the yeast has all of these conditions, it ferments (the yeast cells split by a process called budding in order to multiply) and produces carbon dioxide which looks like bubbles in bread. The gas bubbles produced are used to aerate or rise the dough.

Yeasts are destroyed by temperatures above 70°. Yeasts are most active between 25° and 29°.

Fresh yeast can be frozen -18, upon defrosting it becomes active again.

4 SIMPLE STEPS TO FOOD SAFETY



Scales



Measuring Jug

Weighing & Measuring

We express the weight of our ingredients in grams (g) or kilograms (kg).

We can use traditional, balance or digital scales to weigh out our ingredients.

We measure out liquid ingredients using measuring jug or measuring spoons. We express liquid measurements in litres (l) or millilitres (ml).

Kilogram s	Grams	Litres	Millilitres
1	1,000	1	1,000
2.5	2,500	2.5	2,500
3.25	3,250	3.25	3,250



Spatula Peeler Grater Colander Knife Chopping Board Saucepan Frying Pan Mixing Bowl



Seasonality
Seasonal food is the time of year when food is at its best, in terms of flavour or harvest.

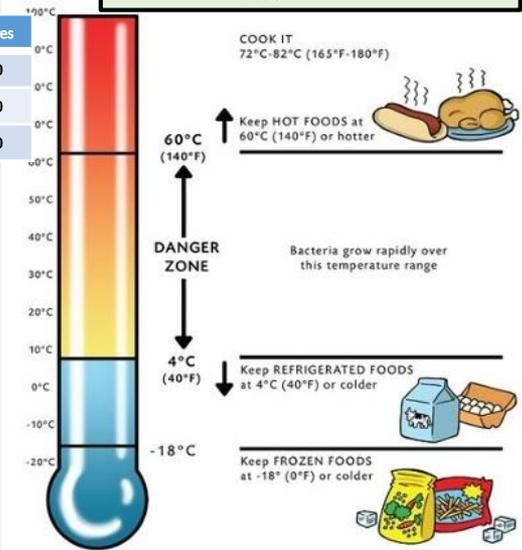
Aspire: Why are many foods available all year round? What are the advantages of eating seasonally?

Excel: Is 5-a-day killing our planet?
- sustainability, seasonality, food miles, food production

Aspire: What are the four principles of food safety? Why is it important to prepare and handle food safely?

Temperature Danger Zone
These foods should always be kept either below 5°C or above 63°C. Between these two temperatures is the area known as the danger zone - the temperature range within which bacteria grow most quickly. Temperature above or below these limits gives the bacteria as little chance as possible to multiply.

Aspire: What bacteria is commonly found on raw meats, eggs and pasteurised milk?



Aspire: How should food be stored in the fridge?

Skills



Bridge



Claw



Weighing & Measuring

Temperature Danger Zone



Science:



Kilogram s	Grams
1	
2.5	
3.25	

Litres	Millilitres
1	
2.5	
3.25	



Seasonality

