

What should I already know?

- use the basic principles of a healthy and varied diet to prepare dishes.
- understand where food comes from.

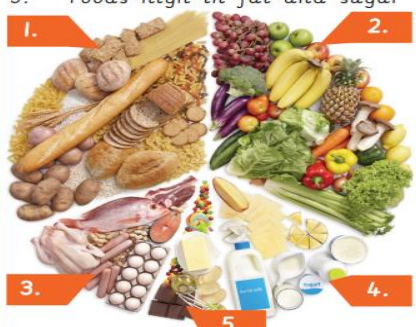
Knowledge and skills – I will be able to understand and explain:

- understand and apply the principles of a healthy and varied diet.
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- Select from and use a wider range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing], accurately.
- Select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.
- Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work.

Diagrams

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar





Many countries have traditional dishes. For example: India is known for hot curries, whilst England is known for the fish'n'chips which were historically served in newspaper.

Vocabulary	
Bridge method	The bridge technique is used to cut ingredients into smaller, more manageable pieces.
cookbook	A book full of recipes.
cross-contamination	the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.
equipment	Utensils used for the purpose of cooking and baking.
farm to fork	Where our food comes from to the dinner table.
flavours	The distinct taste of food or drink.
ingredients	A list of food needed to make a recipe.
method	Cooking techniques are a set of methods and procedures for preparing, cooking and presenting food.
recipe	The list of ingredients and methods needed to prepare and cook food.

Notes:



You cannot mix raw meat with other ingredients, it is not safe. Remember to also wash your hands after handling raw meat.