



## Key Food Technology Skills I will use.

### Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

**Slicing:** cutting food using a knife.

**Mixing:** to blend ingredients together, using a spoon, blender, or whisk.

**Weighing/measuring:** to get the right amount of an ingredient, using scales, table/teaspoons

**Grating:** to peel a layer off something (like carrots or cheese) using a peeler or grater.

**Adding/ substituting:** changing the taste of food by adding or replacing ingredients.

**Serving:** making food look nice on the plate.



### Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

**Baking:** to cook food in a heated oven.

**Boiling:** to cook food in boiling (100°C) water.

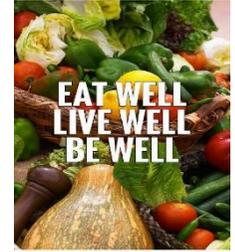
**Frying:** to cook food in a pan of heated oil.

**Grilling:** to cook food by putting it under a hot grill (like a radiator in a cooker).

**Griddling:** to cook on a flat iron plate called a griddle.

**Steaming:** to cook using steam, normally from boiled water.

**Poaching:** to cook by simmering in a small amount of liquid.



### Key Vocabulary

Carbohydrates	A nutrient essential for energy. Carbohydrates are sugars, starches & fibres found in, grains, (bread, pasta, cereals) vegetables such as potatoes, & root veg, fruit & milk products.
Protein	A nutrient essential to building muscle mass. It is commonly found in animal products, but is also present in nuts & legumes
Fat	A dense energy supply & a source of essential fatty acids, which the body cannot make itself.
Dairy	Milk & food that is made from milk – they contain the 3 main food groups.
Imports	Food we buy from other countries
Exports	Food grown or produced in the UK & sold to other countries
Seasonality	The time of year when a given type food is at its peak, either in terms of harvest or flavour, usually the time it is cheapest.
Sustainability	Sustainable food production means working alongside nature to develop systems that are good for the environment, rather than using technology to produce artificial light and heat

### My skills and Knowledge that I may use from other subjects - Science

- Know and demonstrate that dissolving, mixing and changes of state are reversible.
- Recognise the impact of diet, exercise, drugs and lifestyle on the way their body's function.

### What you will have learnt by the end of UKS2.

- To suggest a range of ideas after collecting information from different sources.
- To know which season various foods are available for harvesting.
- To know how to prepare a meal by collecting the ingredients.
- To produce a detailed, step-by-step recipe or meal plan.
- To understand the difference between a savoury and sweet dish.
- To use a range of tools and equipment competently.
- To be both hygienic and safe in the kitchen.
- To explain how food ingredients should be stored and give reasons.
- To explain how a product will appeal to a specific audience.
- To work within a budget to create a meal.

### *Always remember the Health & Safety Rules.*

<i>Remove any jewellery and tie back long hair. Ideally, wear a hair net.</i>	<i>Wear an apron and roll up your sleeves. Tie your apron securely.</i>	<i>Wash your hands with hot water and antibacterial soap, for at least 20 seconds.</i>	<i>Washing your hands should be done before, during and after preparing food.</i>	<i>Use different chopping boards and knives for raw meat &amp; other foods. This stops bacteria spreading.</i>	<i>Use a food thermometer to check that food is cooked through.</i>	<i>Check the dates on food, and check for allergies &amp; diet e.g. vegetarian, vegan.</i>	<i>Make sure that you clean up properly after yourself.</i>
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