Picture perfect – or not?



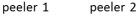
Deeper learning

- A sharp knife is a safe knife. ٠
- ٠ If trying to cut a surface using a blunt knife it's more likely to slip and cause a cut/injury.
- ٠ Make sure your knife is always placed fully on your chopping board, without the handle sticking out into the work areas.
- ٠ Accidents may happen from time to time. Maybe you or someone else will bump a knife handle, resulting in a falling knife. We all have a natural instinct to grab. Don't, just leave it! Remember keep your hands and feet clear until the knife lands on the floor.
- Always carry a knife pointed straight down, with the blade turned towards your thigh.
- Never run holding a knife. ٠
- ٠ Wash knives carefully in hot soapy water.
- ٠ Store safely in a clean drawer.

Equipment



Mixing bowl





Saucepan

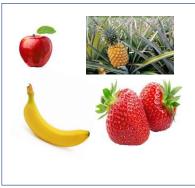
table knife

weighing scales

The big question what is healthy? where do these fruits come from and what are they?



What are the healthy groups on the eatwell plate? Why is junk food bad for us? Why do we eat it? How have lifestyles changed? What are the dietary goals?



Always remember

Wear a clean apron.

Wear closed-in shoes to protect your feet, in case of hot spills or breakages.

Wash your hands before and after handling food.

Tie back long hair

Wash up in hot soapy water

Drain pots upside down

Time is important

Key vocabulary Hygiene Bacteria Mis en place Croque Monsieur Food practical Risk The Eatwell Plate Vitamins Minerals Sugary drinks Grams g Kilograms Kg Callibrate