

Picture perfect – or not?



Deeper learning

- A sharp knife is a safe knife.
- If trying to cut a surface using a blunt knife it's more likely to slip and cause a cut/injury.
- Make sure your knife is always placed fully on your chopping board, without the handle sticking out into the work areas.
- 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.
- Wash knives carefully in hot soapy water.
- Store safely in a clean drawer.

Equipment



Mixing bowl



peeler 1



peeler 2



Saucepan



table knife

weighing scales

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



OR



?

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
Calibrate