

### 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

## Weighing and measuring

Ingredients are usually measured in **grams (g)** or **kilograms (Kg)**

There are 1000g in 1 Kg

Liquids are usually measured in **millilitres (ml)** or **litres (l)**. They can be measured in pints (pt) and fluid ounces (fl.oz ). There are 20 fl.oz in 1 pt .

To weigh accurately, always make sure that you set your scales to zero before you start.

Remember if you put your bowl on the scales, you could be weighing the bowl, NOT the food. So put your bowl onto the scales but then set the reading to 0 before you start.

Make sure that you are using g as the unit on the scales



## Key vocabulary

Weigh	Chop
Vegetable knife	Simmer
Grams (g)	Cool
Measure	Vegetables
Peel	Colour
Core	Safety
Fats	Oven gloves
Grate	Dice



### Using the grill SAFETY

Always use oven gloves

Stand back when igniting a gas grill

Keep your face away from the grill area

Keep the door open

Turn off after use

