

Health and Safety

- Knives must be carried pointing downwards with a firm grip on the handle.
- Peelers and graters are sharp.
- Keep fingers away from the sharp edges.
- Use oven gloves when removing items from the hob and always do this with an adult.
- Always wash your hands with soap and warm water before touching food.
- Ensure all surfaces and equipment are clean before you start cooking.

Root Vegetables



DT Skills

- Design and conduct research questionnaires to discover users wants, needs, preferences and values.
- Design a recipe based on information gathered from research.
- Design a recipe taking into account the properties of ingredients e.g. matching flavours.
- Weigh and measure using scales.
- Select and prepare foods handling equipment safely using appropriate methods.
- Work hygienically.
- Show awareness of a healthy diet (using the eatwell plate).
- Evaluate recipes based on flavour and usefulness.



Bridge hold



Claw grip

Key Vocabulary

Simmer: staying just below boiling point.

Boil: the process of a liquid turning to a gas when heated, causing bubbles

Locally Sourced: Food that is grown, reared or caught within the area that it is eaten.

Combining: taking one or more ingredients and cooking them together.

Food Hygiene: making sure food is prepared in a clean and safe way.

Varied Diet: eating foods from a wide range of food groups as shown in the eatwell plate.

Produce: agricultural products such as fruits, vegetables, dairy or meat.

Bridge hold: a method of cutting using the hand as a bridge over the ingredients.

Claw grip: a method of cutting used to keep the fingers safe.

Texture: the physical and sensory characteristics of food that are felt by touch, encompassing qualities like softness, hardness, crunchiness, and chewiness.

