

## What I should already know

- That the amount of an ingredient in a recipe is known as the 'quantity'.
- That safety and hygiene are important when cooking.
- The following cooking techniques: sieving, measuring, mixing/stirring, cutting out and shaping.
- The importance of budgeting while planning ingredients for a recipe.
- That products often have a target audience.



## Sticky Knowledge

- Beef comes from cows reared on farms.
- Recipes can be adapted to suit nutritional needs and dietary requirements.
- Nutritional information can be found on food packaging.
- Coloured chopping boards can prevent cross-contamination.
- Food packaging serves many purposes.

Red - raw meat

Blue - raw fish

Yellow - cooked meat

Green - salad and fruit

Brown - root vegetables

White - bakery and dairy

Cross-contamination is when harmful bacteria from one food get onto another. To prevent it, use different coloured chopping boards for different types of food.

## Technical skills

## Design:

- Researching existing products and recipes.
- Analysing nutritional content.
- Writing an alternative recipe.
- Designing a jar label.

## Make:

- Making a developed recipe.
- Understanding cross-contamination.

## Evaluate:

- Suggesting alternative ingredients.
- Feeding back to peers and making improvements.

## Vocabulary

|                     |                                                                                                                                             |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Adaptation          | The process of changing something                                                                                                           |
| Cross Contamination | When something harmful spreads from one food to another                                                                                     |
| Farm                | To grow crops or keep animals as a business.                                                                                                |
| Hygiene             | Keeping things clean to prevent illness                                                                                                     |
| Ingredients         | The foods a recipe is made from.                                                                                                            |
| Label               | Something that provides information about the product it is attached to.                                                                    |
| Nutrient            | Substances that help living things stay healthy and grow.                                                                                   |
| Nutritional Value   | The nutrients a food or recipe provides.                                                                                                    |
| Process             | A series of actions.                                                                                                                        |
| Adaptation          | The process of changing something.                                                                                                          |
| Ainsley Harriott    | Ainsley Harriott is a well-known English chef (someone who cooks food) and television presenter (someone who hosts TV shows about cooking). |



Taste testing



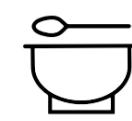
Juicing



Snipping



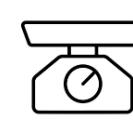
Grating



Mixing



Cutting



Measuring