






Key Vocabulary	
Chop	To cut something into smaller pieces using a knife.
Slice	A thin piece of food cut from a larger section.
Dice	To cut food into small cubes
Peel	To remover the outer skin of a vegetable.
Grate	The process of transforming food into smaller pieces by rubbing it against a grater.
Combine	To mix ingredients together to become a single substance.
Healthy diet	Eating food from a variety of food groups to get the energy and nutrients that your body needs.
Season	To add flavouring to food to enhance it’s taste (usually salt and pepper).
Processed food	Were actions are performed on food in order to change or preserve it.
Hygienic	Maintaining health by keeping clean and sanitary.
Sensory evaluation	To form an idea of the taste, texture, smell and appearance of food.
Preference evaluation	Trying different foods and deciding which ones you like.
Key knowledge	
<ul style="list-style-type: none"> <li>To know how to use appropriate equipment and utensils to prepare and combine food.</li> <li>To know about a range of fresh and processed food, where it is grown, reared or caught.</li> <li>To know what a healthy diet it and apply it to their cooking.</li> <li>To know and use a range of technical and sensory vocabulary appropriately.</li> </ul>	

Skills and techniques	
	<b>Peel</b> – Use one hand to hold vegetable securely on chopping board. Peel from middle away from your hand and rotate vegetable.
 <small>Cutting using the bridge technique</small>	<b>Chop</b> –Place thumb and forefinger on vegetable to hold securely on chopping board. Position knife carefully in between fingers and press down through vegetable.
 <small>Cutting using the claw technique</small>	<b>Slice</b> – Create thin slices. Make a claw by tucking your fingers and thumb under. Fingers act as guide for the knife.
	<b>Dice</b> – To make vegetables into small square. Use the claw method to slice vegetable in one direction, then in the other
	<b>Grate</b> - To use a grater safely, place grater securely down on the chopping board and grate away from you, down towards the board.



guacamole



sour cream



salsa



hummus



tzatziki

Jamie Oliver – what did he do to improve nutrition in school meals?



