



Preparing and Cooking Processes

Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

-Mixing: to blend ingredients together, using a spoon, blender, or whisk.



-Weighing/measuring: to get the right amount of an ingredient, using scales, tablespoons, or teaspoons.

Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

-Baking: to cook food in a heated oven. Make sure that you select the right temperature!



-Grilling: to cook food by putting it under a hot grill (like a radiator in a cooker).

A Healthy and Varied Diet

Food Groups

There are five main food groups:

- Fruit and vegetables:** e.g. apples, tomatoes, lettuce. They contain vitamins and minerals.
- Carbohydrates:** e.g. starchy foods like bread and pasta. They give us lots of energy!
- Proteins:** e.g. beans, fish, eggs, meat. They help us to build muscle.
- Dairy:** e.g. milk, butter, cheese. They contain calcium for our bones.
- Fats and Sugars:** Add fat storage for energy.



Varied Diet

-In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.



- We should aim to eat 5 portions of fruit and veg per day.
- To build strong bones and muscles, we should eat enough proteins and dairy.
- Try to avoid eating too many fatty or sugary foods. They can make you unhealthy and can damage your teeth.

Using Knives

Holding the Knife Correctly



Claw Grip

Used when cutting longer fruits and vegetables. Keep your fingers tucked under!

Bridge Hold

Used when cutting smaller fruits and vegetables to hold the food and protect your fingers.

What is your design brief? What ingredients do you need? What utensils do you need? What is your recipe and method? Do you need to add seasoning? Is your dish healthy and seasonal?

Have you undertaken market research?

Are you prepared? **Do you know how to use tools safely?** Is your work station hygienic?

Have you evaluated against the design brief? Do you need to adapt anything? Have you found out what the **opinions of others** are? How will you record your results?



Key Vocabulary

- Nutrition
- Equipment
- Ingredients
- Recipe
- Utensil
- Food Group
- Balanced Diet
- Seasoning
- Adapting
- Food Source
- Weighing
- Baking
- Grilling
- Health & Safety
- Market research
- Evaluation

Food from Around the World

The foods we eat can come from all over the world. Below are examples of where your food may come from.

USA: Wheat

Colombia: Cocoa for chocolate



India: Herbs and Spices

Italy: Pasta
Vietnam: Pepper for seasoning

China: Bananas

Many foods are also made in the UK!



-Farms up and down the country grow fruit and vegetables and raise animals for meat and dairy.

-Wild plant and animal food can be found in the countryside.

Health and Safety

-Remove any jewellery and tie back long hair.

-Wear an apron and roll up your sleeves.

-Wash your hands with hot water and antibacterial soap.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods.

Check that food is cooked right the way through.

Check the dates on food, and check for allergies of those eating.

Make sure that you clean up properly after yourself.