



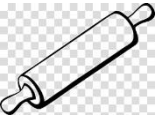






Food Equipment

Scales		Used to weigh ingredients in recipes
Wooden spoon		Used to stir ingredients on the hob or when mixing them
Fish slice		Used to move ingredients or flip them when they are hot.
Knife		Used when you need to slice or dice any ingredients.
Rolling Pin		Used to roll out a variety of doughs out smoothly and thinly
Mixing bowl		Used to mix ingredients together
Spatula		Used to smooth, scrap, spread smooth substances like icing.
Saucepan		Used for cooking on the hob
Frying pan		For frying ingredients in oil

Year 7 Food

Keywords

Cross Contamination: The transfer of bacteria from one item to another e.g. Bacteria from raw meat

Hygiene: Cleanliness of a Kitchen and person to prevent food poisoning

Bridge and Claw: Safe knife cutting techniques

Safety: Rules to be followed when working in a Kitchen to avoid an accident

Method: The steps in a recipe to make the dish

Common terms used in Food

4C's: A term used to describe Cleaning, Cooking, Chilled and Cross Contamination factors which need to be considered by all in a kitchen

Creaming: A term used when softening a solid and then combining it with another ingredient.

Weighing: A term used when ingredients need to be measured out for a recipe, usually in grams (g) or Millilitres (ML).

Knife Skills and Techniques



Bridge Method: Make a bridge with your fingers and thumb, place the knife underneath and cut downwards, repeat to cut ingredients to size.



Claw Method: Make a claw with your hand by curling your fingers and then place the knife near your claw sliding it away from the knife as you slice each piece

Health and Safety

- Always store bags under tables (Don't put onto worktops)
- Tie hair up, put an apron on and wash hands thoroughly for practical lessons.
- Always walk in the food room.
- Never touch cookers or hobs.
- Stop immediately when told to.
- Hold knives safely (as shown by your teacher)
- Ask for help if you need it.
- Hold the handle when stirring food on the hob
- Always use oven gloves when using the oven

Hand washing tips

