



Overview:

We will learn where ingredients come from, the properties of the ingredients and understand the basic principles of a healthy diet. They will also learn how to cut food safely, explain what it means to be hygienic and design their own product.

We will apply our learning in a final project where we will use the basic principles of a healthy and varied diet to prepare a sensational salad, whilst following hygiene standards.


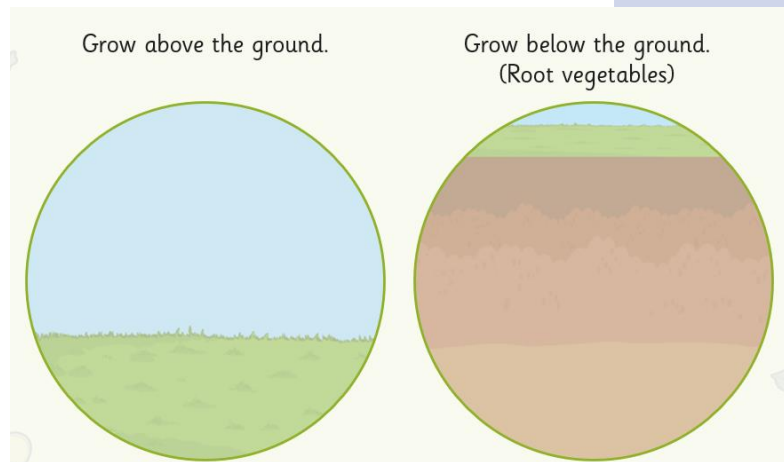
Key words	Definition
farmers	A person who grows plants and raises animals for human use.
fruit	Is a flowering plant that contains the seeds.
vegetables	A plant or part of a plant grown for the use as food and can be eaten raw or cooked.
hygiene	Practicing to protect against bad germs.
seasonal food	Fruit and vegetables that are ripe and ready in a particular season. They will not grow when the weather changes.

Where Do Fruits and Vegetables Grow?

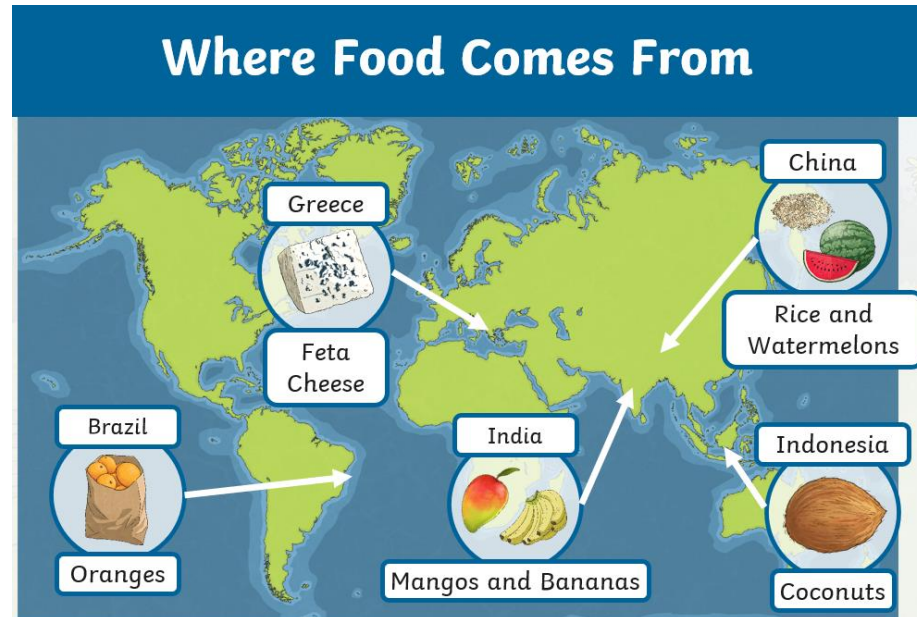
Some fruits and vegetables can only be grown in the United Kingdom during the summer, when it is warm.

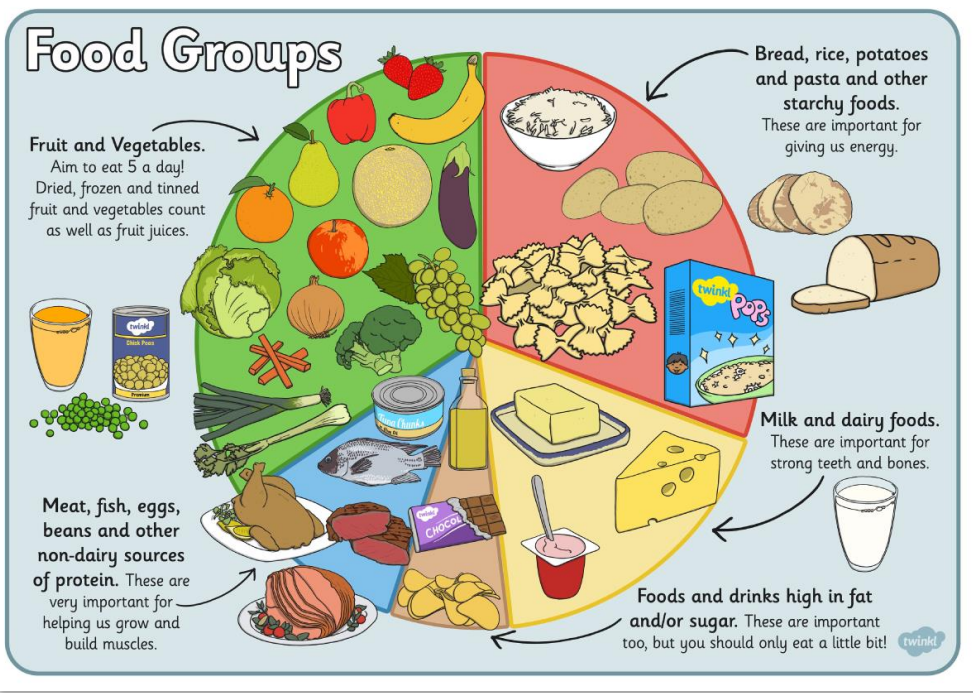
If customers want to eat these fruits and vegetables all year round, shops have to transport them from warmer countries, so that people can still buy them.

If people from the UK buy raspberries from the supermarket in the winter, they will have been grown in warmer countries, like Spain.

Our food either grows above or below ground.





Things to do before you prepare food.



Safe Preparation Skills: The Bridge



Create a bridge over the food with your hand.

The fingers should be on one side and the thumb should be on the other.

Hold the food to be cut between the fingers and thumb creating a bridge.

The knife should go through the bridge to cut the food.

Safety
This method ensures that fingers are out of the way of the knife.

Tips
Think of the knife as a train which goes under the bridge and through the tunnel.

Use
For cutting circular items into halves and quarters, e.g. tomatoes, apples.

Safe Preparation Skills: The Claw



Create a claw by partly curling your fingers together into a claw shape.

Press the tips of your fingers (nails) against the food to be gripped.

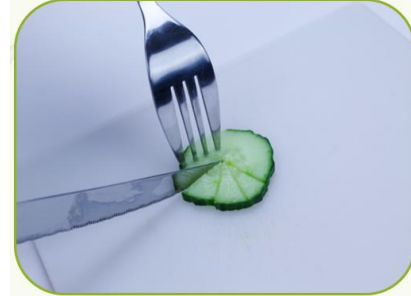
Then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.

Safety
This method ensures that finger tips are tucked out of the way of the knife.

Tips
Think about creating a claw, gripping food and tipping the hand; claw, grip, tip, cut.

Use
Use when food needs to be cut into slices or diced.

Safe Preparation Skills: Fork Secure



Place the food to be cut on a chopping board.

If the food is likely to move or wobble, e.g. a tomato, hold it securely at the edges.

In a firm but controlled way, dig the fork prongs into the food going downwards towards the chopping board.

Continue holding the fork in one hand, take a knife with the other hand and slice the food.

Safety
This method makes sure that the food is stable and keeps finger out of the way.

Tips
Take your time while pushing the fork in the food and make sure you are pushing the fork downwards.

Use
Useful if you find the claw method quite challenging.