

Key Content			
Knows how to peel, grate, cut, mix, mould. Knows how to use a range of tools safely when cooking.		Knows how to turn on, set temperature and heat food safely using hobs and ovens (with supervision)	
		Knows how to set a timer and observe food cooking	
		Knows how to make a cooked breakfast. Knows how to cook a pasta dish.	
Key Vocabulary		Knowledge	
		Hygiene Tips	
Budget	An estimated financial plan for a dedicated time-frame	<ul style="list-style-type: none"> • Demonstrate good hygiene. • Knows how to peel, grate, cut, mix, mould. • Knows how to use a range of tools safely when cooking. • Knows how to turn on, set temperature and heat food safely using hobs and ovens (with supervision) • To set a timer and observe food cooking. • Knows how to make a cooked breakfast. • Knows how to cook a pasta dish. • (What could they add to their cooked breakfast/pasta to make it their own) 	<ul style="list-style-type: none"> • Always wash your hands before and after touching food <ul style="list-style-type: none"> • Thoroughly cook foods <ul style="list-style-type: none"> • Store food correctly • Wipe down surfaces • Clean chopping boards after use <ul style="list-style-type: none"> • Do not cross contaminate • Keep raw meat away from other products
Critique	A detailed analysis and assessment of something		
Analyse	To examine in detail typically to explain and interpret it		
Allergy	A damaging immune response by the body to a particular food		
Gluten	Mixture of two proteins present in cereal grains, especially wheat		
Intolerance	Unable to be given or to eat a food without adverse effects		
Nutrients	Nutrients are compounds in foods essential to life, health and energy		
Processed	Having been subjected to a special process or treatment		
Method	A systematic procedure for accomplishing something		
Utensils	Tools, containers or other articles especially for household use		
Carbohydrate	Sugars, starches and fibres found in fruit, grains, veg and milk		
Protein	A nutrient found in food to help build, maintain and replace tissue		

