

Ingredients

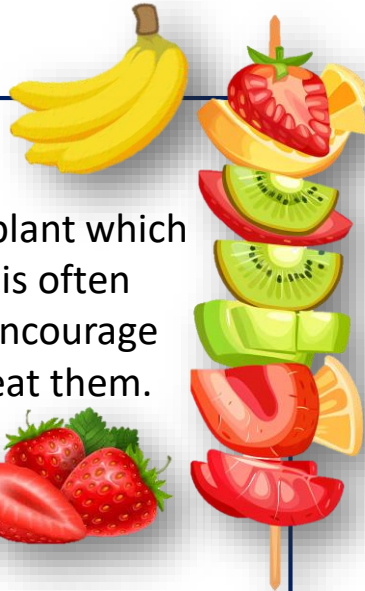
Fruits

Fruit is the part of a plant which contains the seeds. It is often brightly coloured to encourage animals and birds to eat them.

- Apples
- Grapes
- Strawberries
- Banana
- Orange
- Peach
- Mango

Vegetables

- Carrot
- Onion
- Lettuce
- Tomato



The Process

- Hygiene
- Preparation
- Knowledge and understanding.
- Nutrients.
- Utensil skills
- Cooking skills
- Taste and evaluate.



Health and Safety

The Food and Nutrition rules must be followed to ensure food is prepared safely.

- Wash Hands
- Hair tied up
- Wear Aprons
- Follow Instructions



Correctly, safely and independently.

Key words and Vocabulary

Prepare, Hygiene, Contaminate, Healthy, Nutrients, Fruits, Process, Evaluation, Safety, Bridge Hold, Claw Grip

Pupils will need to articulate their process using key words and technical vocabulary.



Eat Well Guide

Proportioned sections to reflect the requirements of a healthy balanced diet.



Equipment

- Knife
- Chopping Board
- Colander
- Serving dish
- Skewers

