

Know It

Knowledge		Date
I Know..	How to wash my hands properly to stop the risk of food poisoning	
I Know..	Which cutting board to use for which food types	
I Know..	How to cut safely using the bridge and the claw	
I Know..	How to finely dice an onion	
I Know..	How to cut a carrot paysanne and jardinière	
I Know..	How to cut a pepper jardinière and Macédoine	
I Know..	How to use a hob and clean it safely	
I Know..	What the Eatwell plate is and what the 5 segments include	
I Know..	Basic nutrition and the difference between macro and micro nutrients	
I Know..	How to adapt a recipe to meet the needs of the Eatwell plate and my family.	

Prove it

Link it

Remember your knowledge of healthy eating from Science and your measuring skills from Maths. Your Skills from primary school Technology will also help you.

Say it

Vocabulary	Definition	Context
Eatwell		
Macro nutrient		
Micro nutrient		
jardinière		
Macédoine		
Paysanne		
Bridge		
Claw		
Food poisoning		
Cross-contamination		