



Hygiene and safety in the kitchen

Hygiene—to prevent food poisoning by stopping the spread of bacteria by cross contamination.

Safety—to prevent something causing physical harm such as a slip, trip, cut or burn.

Preparing for a practical?

Always wash your hands, tie your hair back and put on a clean apron.

Weights and measures

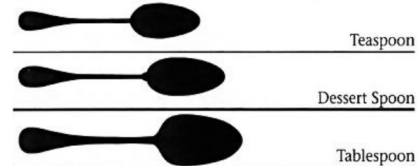
Always press TARE on the weighing scales to set them to zero.

Solid foods can be measured in grams, ounces or by count.

Liquids are measured in millilitres, fluid ounces or pints.

There are 1000g in 1 Kg.

There are 1000ml in 1L.



Knife Skills

Bridge



Claw



Never run with knives.
Hold them correctly by the handle.
Leave by the sink to wash up.

Parts of the cooker



Name: Hob
Uses: Boil pasta, fry eggs.

Name: Grill
Uses: Toast, sausages.

Name: Oven
Uses: Cakes, joints of meat.

The Eatwell guide

The Eat well guide shows us how to follow a balanced diet with the correct amount of nutrients.

Fruit and vegetables

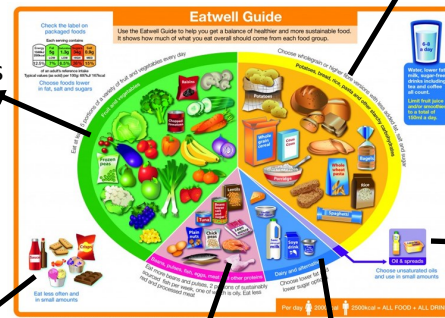
Carbohydrates

Foods high in bad fat, salt and sugar

Proteins

Dairy and alternatives

Oils and spreads



Methods of heat transfer

Conduction - Where heat travels through a solid material. Metal is a good conductor of heat whereas wood is a poor conductor of heat.

Convection - Where heat travels through a liquid or a gas. For example, liquid in a pan or hot air in the oven.

Radiation - Where heat waves directly travel from the heat source to the food.

Function of each section of the Eatwell guide

Fruit and vegetables - good source of vitamins and minerals to help our immune system, eyesight and skin.

Protein - helps our muscle cells grow and repair.

Dairy - Contains calcium to help strengthen bones and teeth.

Oils and spreads - Provide good fat to insulate the body, protect organs and give us energy.

Carbohydrates - Main source of energy.

Fats

Good fats - come from plant sources such as olive oil or sunflower oil.

Bad fats - come from animal sources such as butter, cheese, meat.

Consequences of having too much fat in the diet:

Obesity, diabetes, joint problems, low self esteem, some cancers.

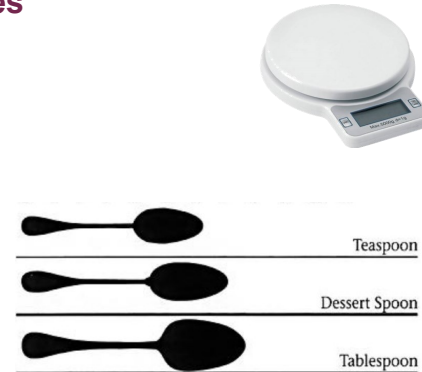
Key vocabulary

Balanced diet	A diet that provides all the necessary nutrients in the correct amount.
Emulsion	Two liquids that wouldn't usually mix are held together by an emulsifier e.g. mustard.
Salmonella	A food poisoning bacteria found in raw meat and egg.
Food poisoning	Illness caused by bacteria in food.
Bacteria	Single celled organisms.
Conduction	Where heat travels through a solid material.
Convection	Where heat travels through a liquid or a gas.
Radiation	Where heat waves directly travel from the heat source to the food.
Hygiene	Keeping clean to avoid the spread of bacteria.
Safety	To prevent accidents from happening.

Hygiene and safety in the kitchen



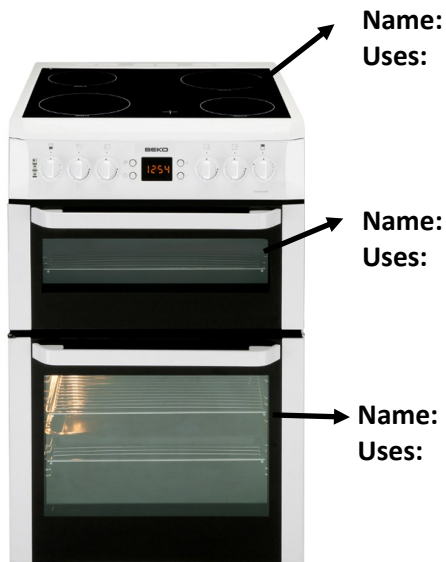
Weights and measures



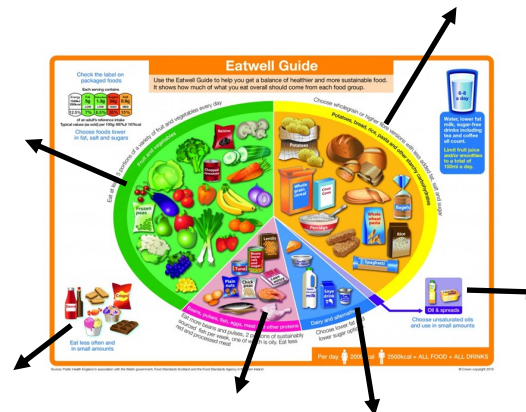
Knife Skills



Parts of the cooker



The Eatwell guide



Fats

Key vocabulary

Balanced diet	
Emulsion	
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Food poisoning	
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Conduction	
Convection	
Radiation	
Hygiene	
Safety	

Methods of heat transfer

Function of each section of the Eatwell guide