

The 5 nutrients

Nutrient	Function
Carbohydrate	Energy
Protein	Growth and repair of cells
Fat	Warmth Protects internal organs
Vitamins	Prevent illness and maintain good health
Minerals	Are needed for good health

The Eatwell guide



Knife Skills



Never run with a knife.
Hold them correctly by the handle.
Leave them by the sink for washing up.

Equipment for cooking



Key vocabulary

Hygiene	keeping clean to avoid the spread of bacteria
Safety	to prevent accidents from happening
Bacteria	single celled micro-organisms
Cross-contamination	the transfer of bacteria from one food to another
Bridge	making an arch with the hand to hold food for cutting
Claw	a technique that involves tucking under the fingers and thumb to hold food for cutting
Hob	the flat, top part of the cooker e.g. for boiling
Oven	the enclosed part of the cooker used for e.g. baking
Yeast	a micro-organism used to make bread rise
Rubbing-in	a technique used to mix fat into flour e.g. for crumble

Temperature probe

The only way to destroy food poisoning bacteria in food is by cooking.
The core temperature of the food should reach 75°C to make sure bacteria have been destroyed.
This can be checked using a temperature probe.



Skills used in practical lessons

Rubbing-in Knife techniques: bridge/claw
Sauce making Bread making
Shaping a mixture

Convenience Foods

A convenience food is a food that has had some or all of the preparation done. For example grated cheese, sliced bread, a tin of soup, ready to roll pastry.



Sensory Descriptors—are adjectives used to describe the sensory properties of food

Appearance e.g. greasy, golden brown, shiny, pale, colourful
Aroma e.g. sweet, baked, spicy, toasted, fresh
Taste e.g. salty, sour, sweet, bland, peppery, buttery, cheesy
Texture e.g. dry, soft, chewy, smooth, lumpy, gritty, slimy

Hygiene and safety in the kitchen

Hygiene —wash hands, put on a clean apron, tie up long hair
Safety — wipe up any water on the floor, use oven gloves to remove trays from the oven

