

Food Technology

Year 1 Spring Term

Food Technology

What I already know?

- I can use a recipe and collect the right ingredients needed
- I can mix, pour and stir ingredients carefully in a bowl
- I am aware of some dangers in the kitchen

Martin Yan

Chef



Born in Guangzhou, China, Yan always possessed a passion for cooking. His formal induction into the culinary world began at thirteen, with an apprenticeship at a renowned Hong Kong restaurant. Training at Hong Kong's Overseas Institute of Cookery followed.



Technical knowledge-

That food ingredients should be combined according to their sensory characteristics.

Vocabulary

Hygiene	The practice of keeping clean to stay healthy and prevent disease
Ingredients	one of the parts of a mixture
Flavour	the distinctive taste of a food or drink.
Healthy eating	Healthy eating means eating a variety of foods so that you get the nutrients you need for normal growth
Cuisine	A style of cooking, usually based on a country or religion
Evaluate	To look at what was good and what could be changed to be better
Improvement	To make something become better

Essential Knowledge

That all food comes from plants or animals.

How to prepare simple dishes safely and hygienically. I know some key rules about Food Hygiene and keeping myself safe.

Sample foods from our local area and China and share some similarities and differences

Prepare and cook a Chinese dish and say what I like and dislike about it.



Connecting Concepts

Practical Knowledge



I will begin to explore new ingredients from another culture

Health and Safety



I will learn important hygiene rules for cooking safely