

Vocabulary:

Buffet: A meal laid out on a table so guests can serve themselves

Equipment: the objects we need to complete the job.

Ingredients: the foods that are put together to make a complete dish.

Prepare: To get something ready.

Texture: The way something feels in your mouth or hands.

Taste: the flavor of something as we eat it.

Design: Show how your product is going to meet your audiences' wants and needs.

Make: Create your product in line with your design.

Evaluate: decide whether your product has been successful in line with your design.

Elements of Design

Audience: who we are making our product for.

Product: what we are making.

Purpose: the reason we are making our product.

Design Criteria: The things that our product must include to be successful.

Initial ideas: lots of ideas which might work.

Final idea: the chosen idea which best meets the design criteria.

Feedback: what do people think of your product.



We are Designers

Cooking & Nutrition

We are curious, we are unique, we are together, we are Whiteshill!

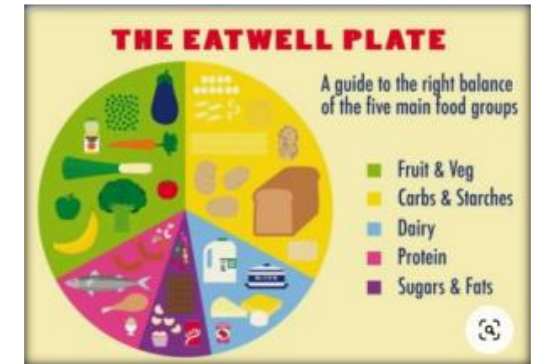
5 portions of fruit and vegetables a day help to keep us healthy.



Peeling: Taking the outer layer of a fruit or vegetable off with a tool. Making sure we peel safely away from ourselves

Chopping: Using a fork secure grip, bridge hold or claw grip to keep our hands safe.

Grating: We do not need to grate every bit of food. It is best to leave a bit at the end so we don't catch our fingers.



Where Food Comes From

Food Source

A food source is the place where food comes from. Food comes from plants and animals.

- Eggs come from Chickens
- Fruit and Vegetables come from all different plants
- Milk, butter and cheese comes from cows
- Meat comes from animals



Basic Food Safety:

Remove jewellery and tie back long hair.	 Long hair must be tied back	Wear an apron and roll up your sleeves.	 Wear protective apron	Wash your hands carefully with soap and hot water. For 20 seconds.	 Wash your hands before handling food	Use equipment safely and with an adult supervising	 Always clean up properly when you have finished.
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