

Different ways of preparing ingredients



Combining by hand



Mixing with a spoon



Cutting using the bridge hold



Cutting using the claw grip

Health and Safety

Jewellery is removed Hair is tied back Sleeves are rolled up Aprons are on Hands are washed Cuts are covered with blue waterproof dressing

Vocabulary	
ingredients	parts that make up a mixture or recipe
spice	a vegetable substance with a particular smell or taste used to flavour food
herbs	aromatic plants used to flavour food
fat	a natural oily substance occurring in animal bodies
sugar	a sweet substance obtained from various plants
carbohydrate	a nutrient found in food. Carbohydrates provide energy. Sugars, starches and fibre are carbohydrates
protein	a nutrient that is essential to building muscle mass
vitamins	components needed for health and growth that are not already found in the human body
nutrients	a substance that provides nourishment essential for the maintenance of life and for growth
healthy	in a good physical or mental condition
varied	containing a lot of different components
savoury	not sweet, usually salty
culture	the ideas, customs, and social behaviour of a particular people or society
design criteria	the precise goals that a project must achieve in order to be successful
innovative	produced through or resulting in innovation; new and inventive
research	work to find out about a topic
evaluate	to study carefully and judge based on specific criteria