

Yr 7 Autumn Term- Introduction to Food Studies.

Food hygiene:

Important rules for handling and preparing food

- Wash hands before handling any food, after handling raw meat, after sneezing/coughing and after going to the toilet.
- Cover cuts with a blue plaster
- Tie hair up
- Wear a clean apron
- Remove jewellery and nail varnish before handling food.
- If you are ill do not cook
- Do not sneeze or cough over food
- Always wash up in hot soapy water and dry equipment thoroughly
- Ensure work surface is clean



Hygiene and Safety in the kitchen

Kitchen Safety:

You must be aware of your safety and safety of other students

- If you spill water on the floor, clean it immediately
- Tuck your tie behind your apron
- Bags and other belongings must not block the walkway
- When cooking the saucepan handles must face away from you
- Remove jewellery and nail varnish before handling food.
- Concentrate on the task at hand
- Listen to the teacher and follow instructions carefully
- Follow knife safety rules
- Report any hygiene or safety hazard promptly to the teacher.



Recipes:

This half term you will make...

- Mini savoury breakfast muffins
- Scone pizza
- Choc chip cookies



Skills- hygiene and safety, getting to know your unit and equipment, room rules and routine, washing up, rubbing in and shaping, mixing, baking.

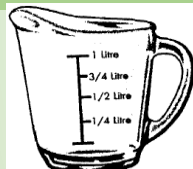
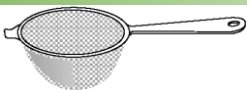
You must bring a container every time you cook.

Good practise for washing and drying up.

- Use hot soapy water
- Use a dish cloth or scourer
- Rinse off bubbles
- Leave to drain
- Dry with a clean dry tea towel
- Check the equipment- make sure all food has been removed; ensure it is completely dry on top, bottom and inside.
- Ask teacher to check equipment before putting away.
- Empty sink- rinse to remove bubbles.
- Use fingers to unblock any food from plughole.
- Use a dishcloth to clean sink, area around sink and work area.
- Leave completely dry.

Kitchen Equipment: You will be using a range of equipment and small utensils this half term.

Ensure you can name them and explain what they are used for.



The cooker



Hob- for boiling, simmering, frying, poaching

Controls- to turn on or off, and control the heat

Top oven/ grill- for grilling and browning food; can also be used for baking smaller food

Main oven- for baking and roasting



Home work: create a hygiene and safety poster

Useful websites: www.foodafactoflife.org.uk, www.BNF.org.uk, www.robertclack.co.uk

All recipes are available on the school website.

Key words: Saucepans, chopping board, pallet knife, wooden spoon, table spoon, colander, sieve, grater, plate, fork, measuring jug, rubbing in, sharp knife, hob, grill, oven, oven gloves, hygiene, safety, cross contamination, bacteria, food poisoning, hazards, accidents, fridge, fire, falls, burns, scalds,, careful, recipe, cooling rack.