

Preparing and Cooking Processes

Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

-**Slicing:** cutting food using a knife.

-**Mixing:** to blend ingredients together, using a spoon, blender, or whisk.



-**Weighing/measuring:** to get the right amount of an ingredient, using scales, table/teaspoons

Grating: to peel a layer off something (like carrots or cheese) using a peeler or grater.

-**Serving:** making food look nice on the plate.

Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

-**Baking:** to cook food in a heated oven.

-**Boiling:** to cook food in boiling (100°C) water.

-**Frying:** to cook food in a pan of heated oil.

-**Grilling:** to cook food by putting it under a hot grill (like a radiator in a cooker).



A Healthy and Varied Diet

Food Groups

You should now know how much to eat of each food group

-**Fruit and vegetables** – Eat lots! About 5 portions per day.

-**Carbohydrates** – Eat lots! Include in every meal.

-**Proteins** – You should eat about 2-3 portions per day.

-**Dairy** – You should eat about 2-3 portions per day.

-**Fats and Sugars** – Only eat occasionally and in small amounts.



A Varied Diet

-In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for us.

-You should know that within each group – some foods have different benefits (e.g fish has less fat than red meat).

- You should be able to design your own plate – think about foods that go well together, and promote a balanced diet.



Where Food Comes From

Grown, Raised, Caught

You should know that food source is the place where a food comes from, and that food comes from plants and animals.

You should also know that in order for us to get food, we need to grow it, make it or catch it.

- In order for us to get pork, we need to raise pigs. Pork is the meat that we get from pigs.
- In order for us to get eggs, we need to raise chickens. Eggs are laid by female chickens.
- In order for us to get cucumbers, we need to grow a cucumber plant. Cucumbers grow on the vines of cucumber plants.
- In order for us to get tuna, we need to catch the tuna-fish. Tuna is the fish that we get from the tuna-fish.



Making Bread



- You should know how some foods are made from ingredients.
1. Grain is a food that is grown. It is ground into flour (using large stones).
 2. The flour is mixed with water and a product called yeast to create dough.
 3. This is covered and left for 1 hour. This is called growing, in this time the yeast makes the dough rise.
 4. The dough is then shaped and put into the oven where it bakes into bread.

Food from Around the World

You should already know that some of our food is produced locally, whilst some may come from elsewhere in the world. Sometimes, foods can be easily made in lots of different countries. However, sometimes the conditions in a country make it perfect for producing certain foods.

When we trade in foods from another country it is called **importing**. When we trade out food to another country it is called **exporting**.



Many places have their own **traditional dishes**.

- In the UK, traditional dishes includes fish and chips and the Sunday roast.
- In Mexico, traditional dishes include burritos, tacos, fajitas and guacamole.

What other traditional dishes do you know?



Health and Safety

-Remove any jewellery and tie back long hair. Ideally, wear a hair net.

-Wear an apron and roll up your sleeves. Tie your apron securely.

-Wash your hands with hot water and antibacterial soap, for at least 20 seconds.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods. This stops bacteria spreading.

Use a food thermometer to check that food is cooked through.

Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan.

Make sure that you clean up properly after yourself.