

Health & Safety when using the cooker:

- Turn pan handles in away from edge of cooker
- Always turn hob off when not in use.
- Never leave food cooking on the hob unattended.
- Be careful not to let food boil dry.
- Never touch an electric hob when turned off, it may still be hot.
- Don't leave metal spoons in pans when cooking as they can become very hot.
- Always use oven gloves when removing food from the oven.

8 Tips to Healthy Eating

1. Base your meals on higher fibre starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

2. Eat lots of fruit and veg

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

3. Eat more fish, including a portion of oily fish

Fish is a good source of protein and contains many vitamins and minerals.

Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.

4. Cut down on saturated fat and sugar
Saturated fat

You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating.

5. Eat less salt: no more than 6g a day for adults

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

6. Get active and be a healthy weight

As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It's also important for your overall health and wellbeing.

7. Do not get thirsty

The government recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat.

8. Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight. But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.

Key words

1. Teaspoon (tsp): is used as a measure for small quantities such as spices or salt.

2. Grams (g): is used as form of measuring solids.

3. Tablespoon (tbsp): is used as a measure for larger quantities such as flour

4. Millilitres (ml): is used as a form of measuring liquids.

5. Personal Hygiene:

Keeping yourself hygienic to prevent food poisoning. E.G washing hands.

6. Bridge hold is used to protect your fingers when cutting. Pass the knife through the bridge made by your fingers and thumb

7. Enzymic browning: the process where fruit and vegetables turn brown due to them being exposed to oxygen (oxidisation).

8. Dishcloth is used to wash the dirty equipment.

9. Tea towel is used to dry the washed equipment.

10. Oven gloves are used to protect your hands from being burnt.

11. Coagulation the thickening of an egg mixture.

12. Seasoning adding different herbs and spices to improve the flavour of a dish.

13. Food poisoning: When you eat food that hasn't been safely prepared or fully cooked and become ill.

14. Rubbing in method: is a method whereby you rub using your fingers together usually butter and flour to create a breadcrumb like mixture, usually the base for scones.

Health & Safety in the Food Room: Personal Hygiene

- Wash hands in soapy water.
- Tie long hair back.
- Wear an apron and tuck tie in.
- Roll back sleeves.

Equipment

- Glass bowl – for mixing/creaming/
- Sieve – for taking lumps out of flour
- Plate – for putting prepared ingredients on
- Chopping board – to prepare ingredients on
- Cooling rack – to put cakes on to cool down
- trivet – to protect the surfaces from hot equipment
- Wooden Spatula – for using to stir savoury foods
- Wooden spoon – for using to stir sweet foods.

Command Words

1	Name	Recall one or more pieces of information.
2	State	Write down what the term in the question means.
3	Give	Recall one or more pieces of information.
4	Describe	Give an account in words of someone or something including all of the relevant characteristics, qualities or events.
5	Explain	Make an idea, situation or problem clear by describing it in detail revealing relevant data or facts
6	How	Discuss the creation of something giving specific references to support.



Weighing and Measuring:

- Grams
- Kilograms
- Litres
- Millilitres
- Electronic scales
- Balance scales
- Spring scales

