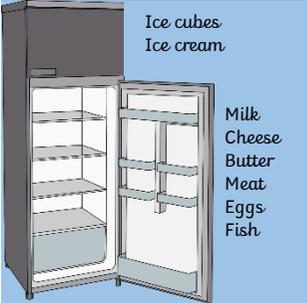


| Key Vocabulary | | | |
|----------------------|--|----------------|-------|
| Hygiene | The things we do to keep our body clean and help stop the spread of germs. | | |
| Bones | Hard, almost white tissue making up the skeleton in vertebrates such as elephants, humans and whales. | | |
| Dehydrate | Causing something to lose a large amount of water. | | |
| Digest | Break down of food into substances that can be absorbed and used by the body. | | |
| Energy | The ability of something to do work. We get our energy from the food that we eat. Light bulbs get their energy from electricity. | | |
| Grow | Natural development usually involving a size increase and a physical change. | | |
| Seeds | The part of a plant capable of developing into another similar plant. | | |
| Bulbs | The resting stage of some plants (such as lily, onions and tulips) that is usually formed underground and consists of a short stem base with one or more buds inside leaves. | | |
| Compost | Decayed natural material used for growing plants in. | | |
| Observe | Notice something using one or more of the senses. | | |
| Ingredients | Any foods or substances that are combined to make a particular dish. | | |
| Strong | Able to withstand force, pressure or wear. | | |
| Temperature | The amount of heat present in a substance or object. | | |
| Utensils | A tool, container or other article especially for use in the home to make a job easier or safer. | | |
| Vegetables | A plant or part of a plant used as food such as cabbage, turnips and potatoes. | | |
| Fruit | A seed-bearing structure in flowering plants. When animals eat the fruits, the seeds are spread. | | |
| Seasonal | Foods harvested in certain seasons in the year. | | |
| Contaminated | Addition of a substance that does not belong somewhere. | | |
| Other key vocabulary | | | |
| Bread | Change | Chopping board | Cook |
| | Frying pan | Heat | Hot |
| Knife | Oven | Saucepan | Spoon |
| Whisk | | | |

| Food storage | |
|--|---|
| <p>Fridge and Freezer</p>  | <p>Kitchen cupboard</p>  <p>Rice Bread Noodles Tinned beans Potatoes Jar of curry sauce</p> |
| <ul style="list-style-type: none"> Different foods need to be stored in different places. Most dairy, protein and fruits/vegetables need to be stored in a fridge to stop them going mouldy. We can use different materials to wrap or contain food to transport it or to store it for another time. These materials are often non-stick and waterproof. This helps stop flavours, smells and juices mixing from one container to another. | |

| Seeds | Bulbs | Plan a picnic |
|---|---|---|
|  Sunflower seeds  Pumpkin seeds  Dandelion seeds |  Onion bulb  Garlic bulb | <ul style="list-style-type: none"> What will you take? Which high energy foods will you eat? What will you drink? What fruit will you take? How will you stop your food from getting squashed? How will you keep your food fresh? What kind of sandwiches will you make? What kind of bread will you use? |

| Cooking Rules | | | | | |
|--|---|--|--|---|---|
| Hair | Knives | Cuts | Hands | Coughs and sneezes | Cooker |
| <p>Our hair goes through many different environments.</p> <p>Before preparing food, it is important we make sure our hair is tied back or covered to make sure it does not contaminate the food.</p> | <ul style="list-style-type: none"> Knives are very sharp because their job is to cut objects. This means when using knives we need to keep our fingers away from the blade at all times. When we have finished with a knife we must carefully wash it and put it away to stop anyone else having an accident. When using knives, always cut away from yourself or downwards. It is essential that we only walk in a food preparation area incase we are (or someone else is) holding or using a knife. | <ul style="list-style-type: none"> If we already have a cut on our skin, we must cover it with a plaster. Plasters prevent food from entering the cut If you cut yourself while you prepare food, you must stop immediately so the food does not become contaminated. Blue waterproof plasters are used to help us see them (as a reminder to be careful and in case they fall off!) | <p>You must wash your hands thoroughly both before and after preparing food.</p> <p>Your hands must also be full dry after washing your hands.</p> | <p>You should turn away from the food and cover your nose and mouth when coughing or sneezing to slow down/prevent bacteria from spreading.</p> <p>If you cover your face with your hands to do this you must wash and dry them thoroughly.</p> | <p>Cookers and ovens are made to reach very high temperatures.</p> <p>It is important you remember to turn handles away from the front of the stove.</p> <p>Always use oven mits when moving hot dishes or trays.</p> |

Quiz

| Question 1 | Question 2 |
|--|--|
| <p>Tulips, onions and garlic all grow from what?</p> <ul style="list-style-type: none">A. SeedsB. BulbsC. FruitsD. Vegetables | <p>Milk, cheese, butter, meat and fish should be stored where to keep them freshest?</p> <ul style="list-style-type: none">A. The kitchen cupboardB. The freezerC. The fridgeD. Soil |
| Question 3 | Question 4 |
| <p>What should we do with long hair before preparing food?</p> <ul style="list-style-type: none">A. Cut it offB. Brush itC. Tie it up or cover itD. Touch it | <p>Complete this sentence: When using sharp knives always cut...</p> <ul style="list-style-type: none">A. away from yourself or downwards.B. towards yourself.C. upwards.D. in any direction. |
| Question 5 | Question 6 |
| <p>Complete this sentence: Fruit is ...</p> <ul style="list-style-type: none">A. a plant or part of a plant used as food such as cabbage, turnips and potatoes.B. any foods or substances that are combined to make a particular dish.C. hard, almost white tissue making up the skeleton in vertebrates such as elephants, humans and whales.D. a seed-bearing structure in flowering plants. When animals eat the fruits, the seeds are spread. | <p>What colour are the waterproof plasters used to cover cuts during food preparation?</p> <ul style="list-style-type: none">A. GreenB. BlueC. PinkD. Turquoise |