St Paul's C of E VA Primary and Nursery School

Food	Year 3 and 4	Subject: DT

Health and safety

- Remove any jewellery.
- Tie back long hair.
- Wear an apron and tie it securely.
- Roll back your sleeves.
- Wash your hands with soap and water before, during and after preparing food.
- Stop bacteria spreading by using a different coloured board for meat and other foods.
- Check the use by dates on food.
- Check for allergies and the dietary requirements of the people who will eat your food.
- If possible use a meat thermometer to check the meat is cooked.
- Make sure that you clean up

Preparing processes

grating— to peel a layer off something using a peeler or a grater.

mixing— to blend foods together using a whisk, spoon or a blender.

serving—to make the food look nice on the plate.

slicing—to cut food with a knife.

weighing and measuring— to get exactly the right amount of an in-

Cooking processes



baking– to cook food in a heated oven.

boiling— to cook food in water that is bubbling because it's 100°C.



frying– to cook food in a pan of heated oil.

grilling— to gook food by putting it under a hot grill inside the cooker.

Vocabulary

Hob— the flat surface where we p heat food.



hygienic— Keeping everything clean so we can all be healthy.

ingredients—The food we need to make something to eat.

recipe — The instructions we follow when we are making something to eat.

temperature - How we measure how hot or cold it is.

utensils — Tools that we use at home to do a job.



A garlic press is a useful utensil.

Making bread

Grain is ground into flour ››› mixed with water and **yeast** to create **dough** ››› this is **proved** for an hour which is when the dough doubles in size. Dough can be made into lots of shapes and baked in the oven to become bread.

All over the world, people from different countries have their own styles of making bread.

