

### Sensory evaluation

- The senses used to evaluate food are taste, smell, sight and texture
- Foods can be described using sensory vocabulary such as sweet, salty, sour, bitter, soft, crunchy and smooth
- The appearance, flavour and texture of food affect how appealing it is
- People may like or dislike foods for different reasons, including taste, texture and smell
- Recipes can be improved by changing flavour, texture or presentation



### Demonstrate skills / techniques

- Different cooking methods include boiling, simmering, frying and baking, which use heat in different ways
- Heat must be controlled carefully to cook food safely and avoid burning
- Some foods (like pasta) cook by absorbing water and softening
- Stir-frying cooks food quickly at a high temperature
- Blending ingredients changes their texture to make them smooth
- Mixing ingredients evenly helps create a consistent texture
- Timing is important so that all parts of a dish are ready together
- Different tools (e.g. knives, peelers, blenders) are used for specific purposes
- Safe techniques (e.g. the claw grip) help prevent injury when cutting food
- Ingredients can be cut in different ways (e.g. sliced, diced, julienne) to affect texture and cooking time
- Draining removes excess liquid from foods like pasta



### Food health awareness

- Eggs should be stored in the fridge in their original box to keep them fresh
- Foods must be used before their expiry date to avoid food poisoning
- Clean hands, surfaces and equipment help prevent cross-contamination
- Raw and cooked foods should be handled carefully to stay safe
- A balanced diet includes a variety of food groups needed for good health
- Ingredients provide different nutrients that help the body function properly



### Key Vocabulary

- **Balanced diet** – Eating a variety of foods in the right amounts to stay healthy
- **\*Nutrition** – The nutrients in food that help your body grow and function
- **Wholegrain** – Foods made using the entire grain, giving more fibre and nutrients
- **Portion size** – The amount of food eaten in one sitting
- **\*Cross-contamination** – When harmful bacteria spread from one food to another (e.g. raw chicken to other foods)
- **Hygiene** – Keeping clean to prevent illness when preparing food
- **Seasonality** – Eating foods that are naturally ready to harvest at certain times of the year
- **Sustainability** – Using food and resources in a way that does not harm the environment
- **Emulsification** – Mixing two liquids (like oil and vinegar) that don't usually combine
- **Simmering** – Cooking food gently in liquid just below boiling point

### Prepare / cook a range of dishes

- Pancake batter is made by mixing eggs, milk and flour
- Soup is made by cooking ingredients in liquid and often blending them
- Bread rises because of a reaction that produces gas, creating air pockets
- Pasta cooks by absorbing boiling water and softening
- Sauces add flavour and moisture to dishes like spaghetti
- Salad dressings combine ingredients to add flavour and texture
- Stir fry dishes are cooked quickly to keep ingredients crisp and colourful

