



"Whatever you do, work at it with all your heart"

Colossians 3:23

Fruit drinks

Year 4 Spring

Key Knowledge:




To know that:

- ⇒ We must prepare ourselves in order to safely and hygienically cook (hair tied up, hand wash, apron on)
- ⇒ Ingredients must be kept in the appropriate conditions otherwise our food will become contaminated (particularly ingredients for fruit drinks that need to be kept chilled e.g., milk, yogurt).
- ⇒ We must prepare our ingredients safely, particularly when using sharp knives, peelers and graters
- ⇒ We must prepare our work area in order to prepare our food well (clean work surface, ingredients needed, equipment needed)
- ⇒ Accurate measuring is needed to make a successful recipe
- ⇒ We must use appropriate, safe cutting skills: bridge hold, claw grip, fork hold



Key Vocabulary:

- ⇒ **Design Brief**—A set of instructions for a project outlining its purpose
- ⇒ **Safety**— protecting us from harm, danger or injury
- ⇒ **Hygiene**— Things we must do to stay healthy
- ⇒ **Recipe**— A list of ingredients and instructions for making a food dish.
- ⇒ **Ingredients**— Items that are needed in the recipe
- ⇒ **Equipment**— Tools that need to be used in the recipe
- ⇒ **Combine**— Join or merge to form a single substance.
- ⇒ **Method**— A particular way of doing something.

<p>The bridge hold</p> 	<p>Method</p> <p>Create a bridge over the food with your hand.</p> <p>Hold the food to be cut between the fingers on one side and the thumb on the other side.</p> <p>The knife should go through the bridge to cut the food.</p>	<p>Safety</p> <p>Helps to keep fingers out the way as the knife cuts through the food.</p> <p>It is useful for cutting circular items into halves and quarters, e.g. apples and tomatoes.</p>
<p>The claw grip</p> 	<p>Method</p> <p>Create a claw by partly curling your fingers together into a claw shape.</p> <p>Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.</p> <p>claw – grip – tip – cut</p>	<p>Safety</p> <p>This method ensures that finger tips are tucked out the way and will not get caught by the knife. It is the best method to use when food needs to be cut into slices or diced, e.g. bananas and carrots.</p>
<p>Fork secure</p> 	<p>Method</p> <p>Place the food to be cut on a chopping board. If the food is likely to move or wobble, e.g. a tomato, hold it securely around the edges or sides.</p> <p>In a firm but controlled way, dig the fork into the food with the fork prongs going downwards towards the chopping board.</p> <p>Hold the fork in one hand, take a knife with the other hand and slice the food.</p>	<p>Safety</p> <p>This method ensures the food is stable and keeps fingers out of the way while it is cut.</p>

THINK: Where possible make sure the food being cut has a flat surface or put the most stable surface face down on the chopping board so it is stable while being cut.

<p>Peeling</p>  <p>Peel away from yourself.</p> <p>With long foods such as carrots, hold one end and peel from the middle away from yourself and then hold the peeled end and repeat the same process.</p>	<p>Grating</p>  <p>Remember you do not have to grate every bit of the food it is best to leave a small chunk at the end to hang on to.</p> <p>Note: When zesting a lemon only grate the bright yellow colour off.</p>	<p>Scissors</p>  <p>Scissors can sometimes be a useful alternative to a knife.</p> <p>Scissors are good for snipping herbs and spring onions—even pepper slices.</p>
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<p>Chopping board</p> 	<p>Sharp knife</p> 	<p>Peeler</p> 	<p>Zester</p> 
<p>Juicer</p> 	<p>Measuring jug</p> 	<p>Measuring scales</p> 	<p>Spoon</p> 
<p>Adult use only</p> 	<p>Blender</p> 	<p>Liquidiser</p> 	<p>Kettle</p> 