

Personal hygiene' in the kitchen

This relates to anything to do with YOU

- Making sure that you wash your hands
- Wear an apron
- Do not sneeze or cough over food



Kitchen hygiene

This relates to anything to do with keeping the kitchen area safe and clean

- Making sure that you clean the surfaces
- Making sure that you wash up any equipment
- Making sure that you sweep the floor.



Cutting techniques

BRIDGE HOLD- This is a safe cutting TECHNIQUE to slice and dice food.

- Place the food on a chopping board and make a claw like grip by tucking your thumb under your hand and curling your fingertips under.
- Slide your fingers back keeping your grip on the food.



CLAW GRIP- This is a safe cutting TECHNIQUE to slice food in half, quarters or chunks.

- Place your fingers on one side and your thumb on the other to make a bridge with your hand.
- Guide the knife under the bridge you have made and cut by pressing the knife down.



Year 9 Design & Technology- Term 4/5

The cooker

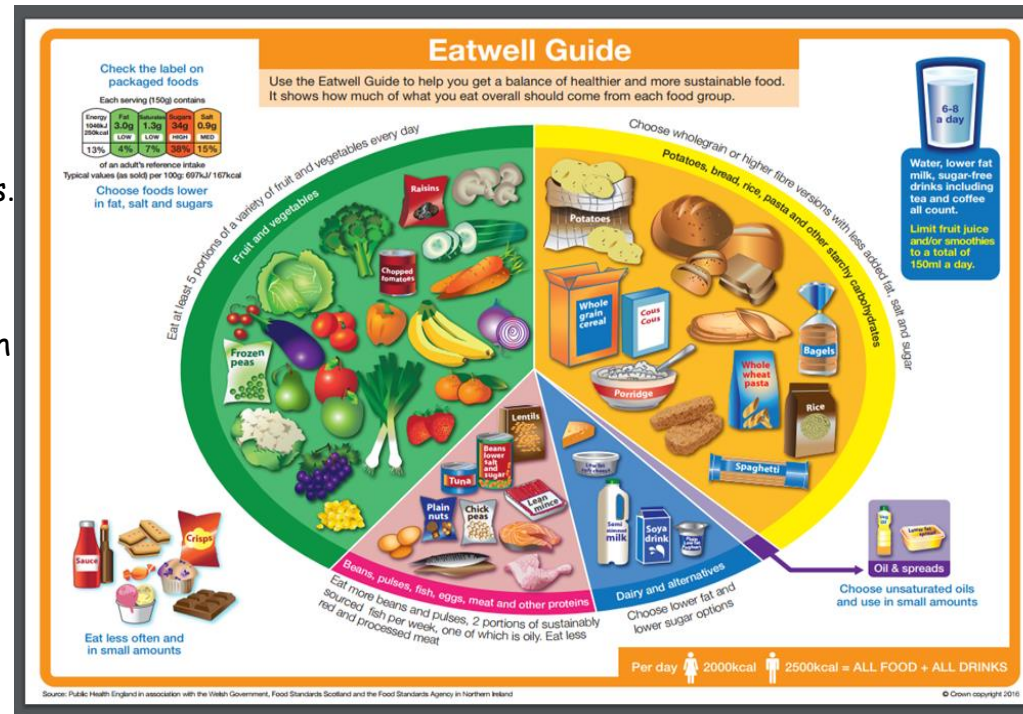


Hob
Pasta, boiled vegetables

Grill
Toast, Sausages

Oven
Cakes, roast chicken

The Eatwell guide



Techniques

Rubbing in

Using for finger tips to mix together (combine) butter and flour.

Biscuits, crumbles and dough.



Creaming

This is the method of mixing together (combining) butter and sugar, when making cakes.



Can you give an example of at least 2 different personal hygiene rules and kitchen hygiene rules?

What are the bridge hold and claw grip?

What are the different sections of the cooker?

Can you explain what the rubbing in method and creaming method are?

What is the eat well guide?
Can you give examples of well balanced meals?