


Vocabulary	
nutrition	Nutrition is giving your body the food it needs for it to grow and be healthy.
safety	Anything that people do to protect themselves or others from harmful accidents.
hygiene	Any practice or activity that you do to keep things healthy and clean.


What?




- **Climate** affects food growth, vegetables and fruit grow in certain **seasons** and each fruit and vegetables gives us **nutritional benefits**.
- Hunter-gatherers would hunt for meat but would gather berries/fruits.
- Crumbles are made from a combination of **fruit, sugar, butter** and **flour**.

Design criteria:

1. Contains the four main ingredients: butter, sugar, flour and fruit.
2. Contains the chosen fruit of the consumer (myself).
3. Fruit is cut and chopped safely using a knife.
4. Ingredients are measured correctly.
5. Instructions are followed carefully.
6. Use store and clean a knife safely.
7. Looks appetizing to the consumer (myself).



- Use the **bridge hold** or **claw grip** when using a knife.
- Carry knives with the cutting edge slightly away from your body and its blade facing down.
- **Wash knives** thoroughly when preparing raw food and especially before using on other foods.
- Use a chopping board when preparing food using knives.
- **Don't touch** knife **blades** and don't try to catch a falling knife. Let it fall.
- Don't hand a knife to someone, put it on a surface and let them pick it up correctly.
- **Don't leave** a knife **soaking** in a sink of water.
- Don't talk to people while using a knife.




- It is important to evaluate a product fairly so that we can make appropriate **improvements** to a product.
- **Peer reviewing** is important so that we understand what others think and feel about a product.
- When we evaluate a product, we should suggest ways in which they could **improve** their product if they were to make it again.
- We should refer back to the **product criteria** when discussing what others could **add** or **change** about a product.

Skills




chopping and mixing



- There are four main ingredients in a crumble: fruit, flour, sugar, butter.
- A spatula, bowl, knives and chopping boards are needed to make a crumble.

1. **Peel** and **cut** up the fruit.
2. **Cook** the fruit in a saucepan with cinnamon, sugar and water.
3. **Rub** butter into flour.
4. **Stir** in the sugar.
5. **Spoon** the fruit filling into a pie dish and **add** topping.
6. **Cook** in a **preheated** oven at 170°C, Gas Mark 3, for 30 to 40 minutes.



- It is really important that we develop proper food **hygiene practices** when preparing food to eat.
- Poor food hygiene can result in an **illness**, known as **food poisoning**
- Hygiene is all about keeping things **clean**. We must make sure our food is safe and clean to eat. We need to store, prepare and cook **hygienically**. Good food hygiene practice consists of multiple areas: personal hygiene, kitchen hygiene, careful buying and storing of food, safe preparation of food and ensuring all food is cooked thoroughly.
- Clean all surfaces, utensils, chopping boards and cutlery with hot soapy water.
- It is vital that food is **cooked thoroughly** before it is consumed – the heat kills any germs that could be present.
- Recipe instructions must be followed carefully.

