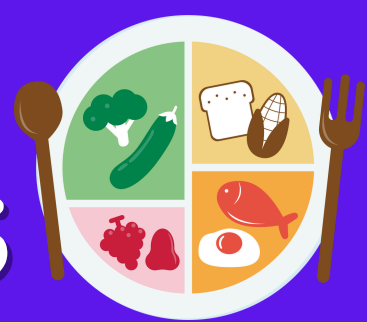




FOOD:

SEASONAL KEBABS



PRIOR KNOWLEDGE

- A variety of food should be eaten for health.
- Fruit and vegetables are. farmed or grown at home.
- Utensils and equipment should be used safely to measure, peel, cut, slice, squeeze, grate and chop safely.

CRUCIAL KNOWLEDGE

- Fruit and vegetables ripen at different times of the year
- It is best to eat these products when they are ripe as they are at
 - their most nutritious
- Products can still be eaten out of season. These have usually been
 - grown in greenhouses or imported from other countries.
- A balanced diet consists of measured amounts of different foods to keep us healthy. Use the NHS Eatwell guide to see how much you should eat from each food group.

The five different food groups are

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar.



EXTENDED KNOWLEDGE

- Demonstrate two cutting techniques that we should use: the bridge hold and claw grip.

KEY VOCABULARY

Bacteria	Microscopic, single-celled organisms that can be harmful.
Hygiene	Keep clean in order to stay healthy.
Nutrition	Included vitamins, proteins, carbohydrates and fats.

Processed	Food that has been altered from its original form.
Seasonal	Food that is only available at certain times of the year.
Measure	To find out the size, extent, or amount of something
Exploded diagram.	A diagram that shows all of the internal and external parts of a product.