Year 7 Key Words

Healthy

Safety

Hygiene Equipment

Spatula

Saucepan

Cutlery

Knife

Measured

Weigh

Guidelines

Balanced

Diet

Varied

Carbohydrate

Protein

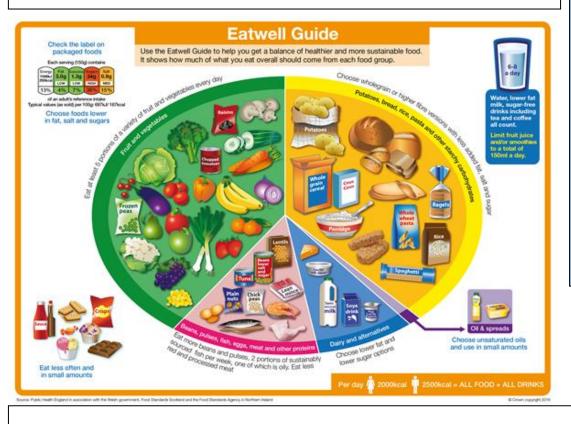
Excess

Deficiency

Portion

Proportion

Key Stage 3 Knowledge Map – Year 7 Food Technology



Personal hygiene

Good personal hygiene is essential during food preparation and production because it helps to reduce hazards. It is a legal requirement to report any illness to a supervisor.

Equipment

A range of electrical and mechanical equipment is used to make sure that products are **consistent**, or to reduce the **time and effort** required.

Equipment should be matched to the desired outcome.

Year 7 Skills

These should be practised at home:

Use of digital weighing scales

Use of the hob

Use of the oven

Basic knife skills – bridge and claw

Rubbing-in

Rolling out

Cutting

Marinating

Frying

Melting

Name	Purpose
Electronic scales	Weigh food accurately
Oven	Used to cook our foods
Food processor	Blends and mixes ingredients
Electric whisk	Whisks ingredients saving time and effort
Sharp knife	Used to cut up particular foods that are hard
Temperature probe	Check temperatures in high risk foods