

## 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         |