



Key Vocabulary:

Bridge method – Make a bridge between your thumb and first finger and then cut the fruit in the bridge.

Chop – cut into larger pieces

Claw method – Your fingers are tight together to make a 'claw' shape.

Healthy – good for your body.

Hygienic – keeping clean to stay healthy e.g washing your hands and equipment carefully.

Ingredients – things used to make or cook something.

Slice – cut into thin pieces

Raw – food which has not been cooked

Recipe – instructions for making or cooking something.

Ripe – when something is ready to harvest and eat.

Hygiene

Handwashing: you must wash your hands thoroughly before handling food to ensure that germs do not spread.

Cleanliness: ingredients such as fruit and equipment need to be washed to prevent contamination

Hair: Long hair should be tied back when cooking to avoid contamination.

Cooking: Fruit Salad

Links:

<https://www.bbc.co.uk/bitesize/articles/z6pms82> - Where does food come from?

Bridge grip

Claw grip

