

Knowledge Organiser: Early Years Cooking Skills



Key Vocabulary

Eatwell Guide- A model that shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet

Ingredients- Foods that are combined to make a dish

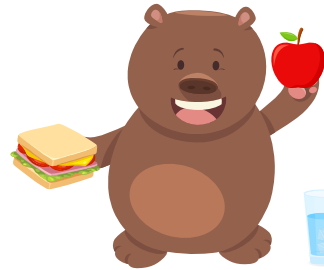
Equipment- Tools used for a particular purpose

Recipe- A list of ingredients and instructions for making a food dish

Exercise- Keeping the body healthy through being active

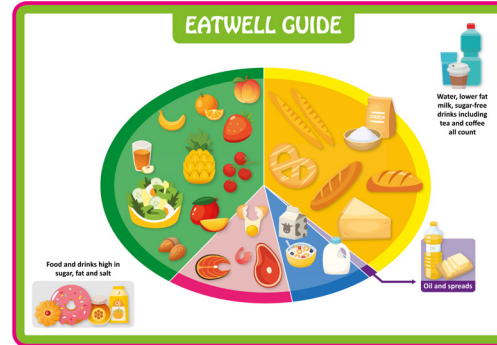
Evaluate- To work out how good something is

Eating a healthy lunch will give us energy to play and learn all day.



We should eat most of our food from the green and yellow groups.

We should eat biscuits, cakes, crisps and sweets less often and in smaller amounts.



Numbers are all around us when we cook



Exercise is great for our bodies!



- Happy Mind
- Healthy Heart
- Healthy Lungs
- Strong Muscles and Bones

Have fun with food!

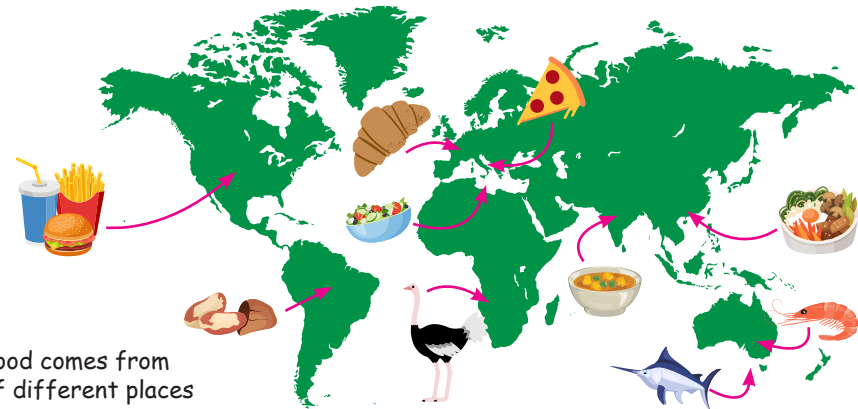


Don't forget our kitchen hygiene rules:

	tie back our hair.		wash hands thoroughly with hot, soapy water.
	roll up our sleeves.		wear an apron.
	remove any jewellery.		not cough or sneeze over food.
	cover open cuts with a brightly coloured plaster.		

The safe way to cut:

The Bridge hold



Our food comes from lots of different places