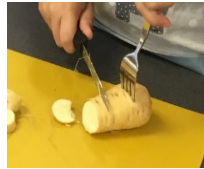




Key Skills

Chop

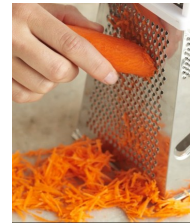
Fork hold



Claw—tucking in thumb

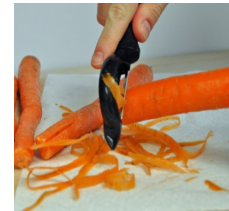


Peel



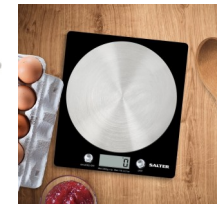
Grate away from self, grater positioned downwards against chopping board.

Grate

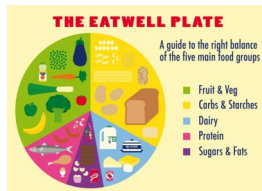


Peel away from self, peel middle of vegetable, rotate vegetable.

Measure



Measuring jug (ml) Electronic scale (g).



Healthy food plate

For a healthy balanced diet you should aim to eat a range of different sections of the food plate: Fruit and vegetables, Carbohydrates Protein, Dairy and Fats (including oils and sugar).

Seasonality

Seasonal produce: It's important to sow your vegetable crops at the right time of year and to harvest them when they're at the peak of their tenderness and taste.

How vegetables are produced: Sow (plant) the seeds in soil, some need to start growing indoors but most are fine outside, allow plenty of sunshine and water regularly, vegetables will grow either underground (root vegetable) or above soil (leafy vegetable), harvest by digging out or cutting if above surface.

Vegetable	Sow	Harvest
Potatoes	Outside: Spring	Late summer
Onions	Outside: Spring	Late summer
Leeks	Outside: Spring	Autumn/Winter

Key Vocabulary

Vocabulary	Definition
combine	To bring or join together into a whole.
boil	Cook or be cooked by immersing in boiling water or stock.
simmer	Just below boiling point while bubbling gently.
recipe	A list of ingredients and instructions for making a food dish.
ingredients	One of the parts of a mixture.
blend	To incorporate two or more ingredients thoroughly.

Games Links

<https://wordwall.net/resource/6421152/we-are-chefs-soup-making-knowledge>