



Key Knowledge

When preparing food in the kitchen, we can use different utensils to help us.

peeler



grater



Knives are very sharp so it's important to ask for help from an adult before using one. You should hold a knife in your writing hand and the food you want to slice in the other. Only touch the knife handle and never the blade.

Here are two different methods we can use when using a knife to slice food.

The bridge method



- used to cut food in half
- pinch the food between your thumb and fingers
- the bridge should stay strong and tall
- the knife goes under the bridge and cuts through the food

The claw method



- used to cut food into slices
- curl your fingers and press down with your nails, near where you want to cut
- cut through the food in front of your claw grip, keeping your fingers away from the blade
- keep moving the claw grip back along the food to cut more slices

design criteria



user



product



nutrition



evaluate



Key Questions

Why is it important to eat fruit and vegetables?

Find out more!

How can I make a fruit kebab at home?
Click the kebab to find a recipe.



Key Vocabulary

Meaning

nutrients	all of the things in food that the body needs to remain healthy
fruit	the part of a plant or tree that grows from a flower and has seeds
vegetable	a part of a plant that people eat, they usually do not have seeds
ingredient	one of the parts needed to make something
apron	a piece of clothing that people sometimes wear when they cook, it helps to keep spills off of clothes
vines	a plant that climbs up something or grows along the ground
raw	food which has not been cooked

Did you know...

Here are five things which always need to be done before preparing food:

1. Tie back long hair so it's away from the food
2. Take off any jewellery, especially rings, watches and bracelets
3. Roll sleeves up above the elbows
4. Wash and dry hands
5. Put on a clean apron to protect clothes

