


## Year 7 Cooking & Nutrition

Equipment		
Chopping board	To protect work surface from damage	
Measuring jug	To accurately measure liquids	
Scales	To accurately measure solid ingredients	
Colander	To drain liquids from foods	
Sieve	To aerate powdered ingredients	
Dishcloth	To scrub dirty equipment	
T-Towel	To dry clean equipment	

Technique	Description	Used for
Bridge Hold	One hand like a bridge and knife is placed under arch.	Cutting food safely
Claw grip	One hand like a claw and knife against nails.	Cutting food safely into small pieces.
Boiling	High heat is used to make liquid boil producing large bubbles.	Cooking food thoroughly & rapidly.
Simmering	Low heat is used to simmer producing little bubbles.	Infuses flavour and evaporates liquid making sauce thicker.
Rubbing in	Combining flour and fat.	Scones, biscuits, pastry
Creaming	Combining sugar and fat.	Cakes & cookies.

Food groups of <u>The Eatwell Guide</u>
Fruit & vegetables
Potatoes, bread, rice, pasta and other starchy carbohydrates
Beans, pulses, fish, eggs, meat and other proteins
Dairy and alternatives
Oil and spreads