

Design Technology: Food

Key Skills

This term we will be learning how to do the following:

- Cut, peel or grate ingredients hygienically.
- Measure or weigh using measuring cups or electronic scales.
- Assemble or cook ingredients.

Key Vocabulary

recipe	following instructions to create a meal.
cut	portioning large ingredients into smaller pieces.
peel	remove the outer skin.
grate	shredding food into smaller portions.
measure	calculating the specific amount of an ingredient required.
grams	a unit of measurement.
assemble	Putting key components of a meal together.

Simple Recipe Example

How to Make a Jam Sandwich



First pick up the knife.

Spread the butter across the bread.

Next spread the jam across the butter.

Put the second piece of bread on top.

Cut the sandwich in half with the knife.

Place the sandwich on a plate.

Serve the sandwich.