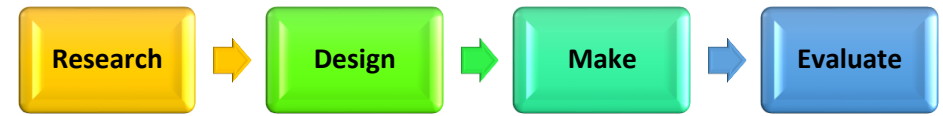


Cooking and nutrition: KS1



Cool cooking and nutrition vocabulary!

hygiene	Actions which maintain good health and prevent the spread of disease and bacteria.
safety	Protecting yourself or others from risk of danger or injury.
peeling	To remove the outer layer of an ingredient i.e. the skin of an apple.
purpose	The reason that a product is made. I.e. sandwiches for a picnic.

Year 1

✓ Use a range of basic skills to prepare a simple dish for purpose.

Year 2

✓ Use a range of basic skills such as knife skills, rolling, peeling, mixing and chopping to prepare a simple dish for purpose.



Cooking and nutrition tools!



Red riding hood's picnic food!



Seasonal soups!

