

Equipment

Chef Knife



Colander



Frying pan



Prevent Cross Contamination

Use correct colour coded chopping boards and knives at all times

RAW MEAT

RAW FISH

COOKED MEATS

SALADS & FRUITS

VEGETABLES

DAIRY PRODUCTS

Chopping Boards



Wok



Scale

Food processor



Danger Zone



5 - 63°C

Fridge = 4°C or below
Freezer = 18°C or below

Water will freeze below 1°C



Dough products



KEYWORDS

Uniform – remaining the same
Boil – 100 degree water – “large bubbles”
Knead – Develop the gluten by stretching
Reduce – Simmer liquid and evaporate to create the sauce
Gluten – Protein found in wheat

YEAR 7 Catering Knowledge Organiser



Vegetable cuts



PARSLEY

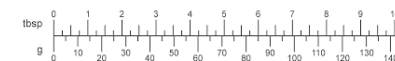
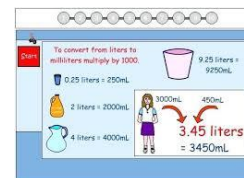


BASIL



CORIANDER

Numeracy



1 gram of carbohydrate = 4 calories