

Chopping and Slicing



Healthy

Year 3 Autumn

Jamie Oliver

Chef



Jamie Trevor Oliver is a British chef, restaurateur, and cookbook author. He is known for his casual approach to cuisine, which has led him to front numerous television shows and open many restaurants.



What I already know?

- I understand the different textures of fruit and vegetables
- I know the basic food hygiene rules when cooking
- I can cut soft fruits safely and correctly

Vocabulary

Hygiene	The practice of keeping clean to stay healthy and prevent disease.
Ingredients	one of the parts of a mixture
Knife	an instrument composed of a blade fixed into a handle, used for cutting
Bridge Hold	Form a bridge over the ingredient with your hand, making the sure the arch is nice and high so there's plenty of room for the knife to fit underneath.
Claw grip	Hold down the food with your little finger and thumb, your other fingers should act as stability and control whilst you cut.
Healthy eating	Healthy eating means eating a variety of foods so that you get the nutrients (such as protein, carbohydrate, fat, vitamins, and minerals) you needs for normal growth.
Slicing	cut (something, especially food) into slices.
Flavour	the distinctive taste of a food or drink.

Essential Knowledge

- that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world
- use the bridge hold and claw grip when cutting ingredients.
- use a knife correctly support by techniques and support from a chopping board.
- how to use a range of techniques such as peeling, chopping, slicing, grating and mixing.
- know that a healthy diet is made up from a variety and balance of different food and drink, as depicted in The eatwell plate

