

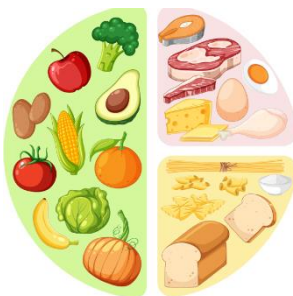
FOOD TECHNOLOGY: SOUP – RED SQUIRREL CLASS

Key Vocabulary	
Savoury	A food which is that is salty or spicy rather than sweet
Seasonal	Food which is ready to eat in one of the four seasons
Food groups	A type of food (carbohydrates, fats and sugars, fruits and vegetables, protein and dairy)
Nutrients	A substance which keeps us healthy, strong and help us grow
Grater	A kitchen utensil used to break a larger object into smaller pieces.
Boil	When a liquid reaches the temperature at which it bubbles and turns to a gas.
Balanced diet	A diet consisting of a variety of different types of food and amounts
Peeler	A kitchen utensil used to peel a vegetable/fruit
Claw grip	A technique used to chop foods
Cross contamination	The way which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect
Consistency	The thickness of a substance
Peel	To take the outer layer off
Blend	To mix a substance with another substance so that they combine together.

Seasonality			
Spring	Summer	Autumn	Winter
Apple, Asparagus, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Cucumber, Lettuce, Onion, Parsley, Potato, Radish, Red Onion, Rhubarb	Apple, Basil, Beans (Runner & French), Beetroot, Broccoli, Carrot, Cauliflower, Celery, Courgette, Cucumber, Fennel, Lettuce, Onion, Potato, Radish, Raspberry, Red Onion, Rocket, Rhubarb, Strawberry.	Apple, Blackberry, Butternut squash, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Kale, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Spinach, Turnip.	Apple, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Rhubarb, Swede, Turnip

Seasonality

- Fruit and vegetables ripen at different times of the year.
- It is best to eat these products when they are ripe as they are at their most nutritious.
- Products can still be eaten out of season. These have usually been grown in greenhouses or imported from other countries



Food Hygiene

- Wash your hands.
- Remove jewellery and nail varnish.
- Roll up your sleeves.
- Put on an apron.
- Tie long hair back.
- Wash all surfaces

Know Your Chopping Boards

