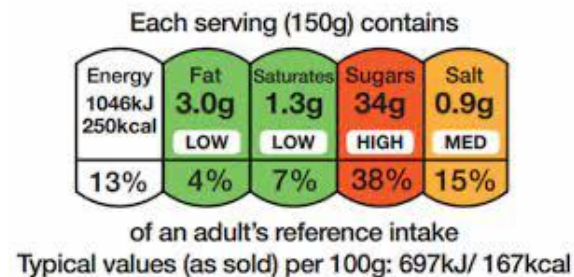




	<u>Key Vocabulary</u>
Accompaniment	A side dish that complements the main dish and enhances its taste flavour
Collaboration	Working together to achieve a finished product
Preparation	The process of handling, cleaning, cooking and preserving food to make it edible and safe
Processed	Food that is changed from its natural state
Flavour	The distinctive taste of a food or drink

<u>Knowledge</u>	
	Exploring complimentary flavours There are five basic tastes: bitter, sweet, salt, umami (savoury) and sour
	Improving and adapting recipes - Recipes can be adapted to improve their nutritional value and healthier alternatives can be used. - They can be adapted to meet different dietary requirements
	Food preparation - Different coloured boards and knives are used to avoid cross contamination between - When chopping food, different safe techniques can be used - It is important to wash hands between cutting different ingredients - Foods can be chopped in different ways
	Cooking - It is important to consider the different steps when cooking a full meal, including foods that will accompany it. - Timings are important also.
	Evaluating - We can evaluate food through its taste, texture, smell and look. - This is usually the job of food tasters or critics.



Food labels following the traffic light system.