

# A Mayan Dish!

## Bridge and claw method of cutting:



Cooking methods		Making techniques		Nutrients	
Simmering	A method of cooking in deep water just below boiling point- small bubbles	Rubbing in	A method used for making pastry/ cakes/ crumble where fat is rubbed into flour using finger tips	carbohydrates	Main source of energy for the body
Frying	Cooking method where food is cooked and browned in hot fat- amounts of fat vary.	Bridge and claw cutting technique	Arch hand to create a bridge when holding food and hold with a claw like grip	Vitamins/ minerals	Required in small amount to maintain good body health- each vitamin/ mineral does a different job
Baking	Cooking food in an oven with dry heat	Folding	Gentle mixing of ingredients usually done with a plastic spatula	fats	Secondary source of energy but required as insulation for the body
Grilling	Method of cooking under intense heat which can be from the top or bottom	Mixing	The combining of ingredients	Fibre	Vital for the body as it absorbs water and helps you go for a poo.
Boiling	Cooking in deep liquid at 100 degrees – large rapid bubbles	Forming/ shaping	Process of putting combined ingredients into a shape e.g. dough into a ball	Protein	Needed for growth and the building and repair of body cells.
Sauté	A method of cooking food by tossing it in fat	Chopping	To cut something into pieces	Dairy	Products made from milk (usually cows)- milk, yoghurt, cream and cheese.
Food hygiene/ safety		Analysing foods			
Food poisoning	Illness caused from eating contaminated foods	Flavour	The way in which food tastes		
Bacteria	Microscopic living organisms	Appearance	The way food looks		
High risk foods	Foods that provide the best conditions for the growth of bacteria	Texture	The way in which food feels like in the mouth e.g. crunchy, chewy, soft		

## Eatwell guide:



## Health safety and hygiene

- Wash hands before preparing any food, after handling raw meat, after sneezing/coughing and after going to the toilet.
- Cover cuts with a blue plaster
- Tie hair up
- Remove jewellery and nail varnish before handling food.
- If you are ill do not cook
- Wear a clean apron
- Never cook or prepare food unsupervised
- Use the 4c's cleaning, cooking, chilling and cross contamination.

Name	Nutrient/ vitamin/mineral	Where from?	What do we need them for?
Carbohydrate	Nutrient	Pasta, rice, potatoes, cakes, cereals	Energy
Protein	Nutrient	Meat, fish, eggs, lentils, nuts	Growth, repair and maintenance
Fats	Nutrient	Meat, dairy, nuts, seeds	Secondary energy, warmth, protection of organs
Vitamin A	Vitamin	Dairy, eggs, fish, leafy veg, mango, apricots	Healthy immune system, helps us to see in dim light
Vitamin C	Vitamin	Oranges, blackcurrants, kiwi, strawberries, sprouts	Fights infection and heals wounds
Iron	Mineral	Meat, green leafy veg, beans, nuts	Healthy red blood cells