

Work for year 7

1. Continuing on from foods in season and designing a healthy snack bar
2. What makes your snack bar special?
3. What food safety and hygiene rules would you need to think about when making your snack bar?
4. Explain how you would prepare for a practical lesson
5. List the correct order for washing you. you may use pictures to help you.
6. What does HATTIE mean?
7. When cooking where should saucepan handles be facing?
8. Name the three types of metal spoons
9. What is the name of the spoon which is not metal?
10. Name the 3 parts of the cooker
11. What is a sensory evaluation?
12. Name the main nutrients and their functions?
13. Give 3 reasons why we need food
14. How much water should we drink a day?
15. Explain how to use a knife safely