

L.O: To practise knife skills to produce a fruit salad safely and hygienically



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Starter:

Draw a picture and write the name and function of the piece of equipment you have been given.

Drawing	Name
	Function



1. How should you carry a knife?
2. How hot should the water be when you wash up?
3. Can you put everything in the sink at the same time?
4. Why should you tie your hair up?
5. Why do you have to wear an apron?
6. What colour plaster should you wear in the food room?
7. Why is it important to be sensible in the kitchen?

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Why is breakfast the most important meal of the day?

- It gets you ready for the day ahead
- Improves concentration levels
- Stops you feeling hungry
- Gives you energy



On your own, make a list of as many different types of breakfast you can think of

Now, discuss these with the person next to you – do you both have the same? Do you have any that are different? Have you tried all of them?

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Which is the healthiest breakfast and why?



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**Watch the demo
No talking**

**Remember the
hygiene and
safety points we
discussed last
week**

The coloured cutting board I need to use is.....

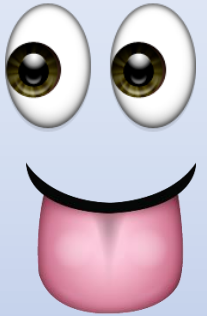
There are two types of cutting techniques that you will use for making the fruit salad. What are they?

The equipment that you will need for the practical are.....

You should avoid talking while handling a knife. Why?

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Sensory Analysis



Using full sentences, describe what your fruit salad **looks** like.



Describe how your fruit salad **tastes**-



Explain how your fruit salad **feels**

Use at least 3 words to describe the **smell**

**Bonus question: What other fruits could you include in your dish?
How might this alter your sensory analysis?**