

L.O: Wk 3 Use the grill and hob safely and recognise the reasons we eat a variety of food



L.O: To use the grill and hob safely and recognise the reasons we eat a variety of food

Starter:

Explain which of the dishes below are the healthiest, and why.

1. Fish & chips



2. Roast dinner



3. Lasagne



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Name the three parts of the cooker:

Hob – gas or electric

Grill

Main oven – gas, fan or electric



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To keep
meals
interesting
and exciting

To gain all
the different
nutrients our
bodies need

**Why should we
eat a variety of
foods?**

To prevent us
becoming
overweight/under
weight

To stay
healthy

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Once you have completed your dish and washed up, sit down and begin your sensory analysis

- How did your dish look (appearance)?
- How did your dish taste?
- How did your dish feel (texture)?
- What did your dish smell like (aroma)?



Can you answer in full sentence?, e.g.

My dish looked...

Do not use words such as: nice, lovely, great, good.
Use the sensory support sheet instead.

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Discuss using the eatwell guide

Plenary:

- Which cooking techniques did you observe today?
- Why do we need to eat foods that contain protein?
- Why should we eat a varied diet?

Copy these keys words: Find definition for each.

- Boiling
- Grilling
- Poaching
- Versatile
- Hob
- Sensory Analysis

