

Y2 Summer 2: Design Technology - cooking and nutrition

Enquiry Question: Can I plan and make a healthy omelette?

Significant individuals:



1. Jacques Pepin is a French-American chef, television personality and author. Since the late 1980s, he has appeared on French and American television and written many cookbooks that have become best sellers.

- Wash your hands before and after touching food.
- Make sure long hair is tied back.
- Read the labels on food products carefully. The label will tell you the safest way to store the product – whether it's in the fridge or in a cool cupboard.
- Wash all fruits and vegetables before eating and preparing.
- Move carefully in the kitchen – never run.
- Wipe up any spillages straight away.
- Be careful when using sharp knives or utensils.
- Use oven mitts to remove hot food and dishes from the stove and oven.
- After you have finished cooking and preparing food, wash all of the utensils you have used in hot, soapy water.

Safe and hygienic food preparation is a very important part of cooking.

Key Vocab

Ingredients
Recipe
Hygiene
Healthy
Balanced diet
Beat
Omelette
Protein
Dairy
Vegetables
Seasoning



2. Jamie Oliver is a British chef. He has had an impact on our school meals by making them healthier!

