

# Y10 – KO1 - GCSE FOOD PREPARATION AND NUTRITION: SKILL GROUPS 1-7

## A SKILL 1: GENERAL COOKING SKILLS

	TERM	DEFINITION
1	<b>WEIGH AND MEASURE</b>	Show accurate measuring of liquids and solids.
2	<b>PREPARE INGREDIENTS AND EQUIPMENT</b>	Grease/oil, line, flour, evenly and with attention to finished product.
3	<b>SELECT AND ADJUST COOKING TIMES</b>	Select and adjust the cooking techniques and length of time to cook particular ingredients.
4	<b>TEST FOR READINESS</b>	Use a temperature probe, knife, skewer, finger or poke test, bite, visual check or sound
5	<b>MODIFY SENSORY PROPERTIES</b>	<ul style="list-style-type: none"> <li>• Change the taste and aroma</li> <li>• Change texture and flavour</li> <li>• Present a product to a high standard</li> </ul>

## B SKILL 2: KNIFE SKILLS

	TERM	DEFINITION
1	<b>FRUIT AND VEGETABLES</b>	Knife skills: bridge hold, claw grip, be able to peel, slice and dice and cut into even sized pieces.
2	<b>MEAT, FISH OR ALTERNATIVES</b>	To prepare raw and cooked meat and fish or alternatives Be able to fillet, portion, remove fat and, fillet a fish, slice evenly and accurately.

## C SKILL 3: PREPARING FRUIT AND VEGETABLES

	TERM	DEFINITION
1	<b>PREPARING FRUIT AND VEGETABLES</b>	Mash, shred, scissor snip, scoop, crush, grate, peel, segment, de-skin, de-seed, blanch, shape, pipe, blend and juice. Demonstrate the technical skill of controlling enzymic browning, Wash and dry fruit and vegetables

## D SKILL 4: USE OF COOKER

	TERM	DEFINITION
1	<b>USING GRILL</b>	Be able to char/grill or toast a range of ingredients e.g. vegetables, meat, fish or alternatives e.g. halloumi.
2	<b>USING OVEN</b>	Demonstrate the use of the oven to bake, roast, or to braise.

## E SKILL 5: USE OF EQUIPMENT

	TERM	DEFINITION
1	<b>USING EQUIPMENT</b>	Demonstrate the use of a non essential piece of equipment e.g. blender, microwave, food processor, mixer etc.

## F SKILL 6: COOKING METHODS

	TERM	DEFINITION
1	<b>WATER BASED METHODS USING A HOB</b>	Examples of water based methods include: Steaming, boiling, simmering, blanching and poaching.
2	<b>DRY HEAT AND FAT BASED METHODS USING THE HOB</b>	Examples of heat and fat based methods include: Dry frying, shallow frying, deep fat frying and stir frying.

## G SKILL 7: PREPARE, COMBINE AND SHAPE

	TERM	DEFINITION
1	<b>PREPARE, COMBINE AND SHAPE</b>	<ul style="list-style-type: none"> <li>• Preparing ingredients in the following ways: roll, wrap, skewer, mix, coat, layer meat, fish and alternatives.</li> <li>• Be able to shape and bind wet mixtures (such as falafels, burgers, fish cakes or meatballs)</li> <li>• Demonstrate how cross contamination can be prevented and demonstrate how to handle high risk foods correctly.</li> </ul>