

Key Knowledge

Learn this information

To choose ingredients from all 5 food groups (Eatwell plate) to design a healthy pizza:

Fruit and vegetables

Carbohydrates

Protein

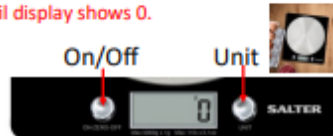
Dairy

Fats (including oils and sugar)



How to measure accurately using an electronic scale: Put empty bowl on scales, turn on and ensure they are on zero, if not press on/off button again. Wait until display shows 0.

To switch between units tap unit to scroll through.



How to make pizza dough: Combine ingredients, knead dough 'heel, flip, turn' method, roll dough to shape using rolling pin.

How to roll dough: Using a floured work surface, apply pressure with rolling pin to the dough mixture and roll away from you, rotate dough and repeat until you have reached desired shape/thickness.

How to bake using an oven—plug in, switch plug on, preheat the oven by selecting correct temperature by turning the dial and the time required - timer must be on for oven to heat up.

How to use an oven safely with high temperature—use oven gloves to open oven and stand back to allow any steam to escape, use oven gloves with both hands when handling hot tray and use cooling rack next to the oven (on the same work surface) to cool tray - leave for at least 10 minutes. Turn oven off by turning timer dial to 0 and switch the plug off at the mains.

Key Skills

Practise and perform these skills

To chop, peel and grate vegetables safely using the most appropriate techniques to attain my cookery skills grade one certificate.

To chop using the 'bridge hold'— Using one hand, make a bridge over the vegetable or fruit with fingers on one side and thumb on the other, cut down under the 'bridge'.

Bridge hold

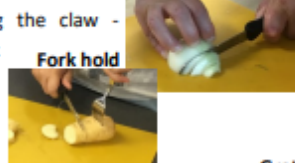


'Knife goes under the bridge, through the tunnel, then chops down'.

Claw—tucking in thumb

To chop safely— using the claw - tucking in thumb or fork hold techniques.

Fork hold



Grate



Peel



To peel safely using a peeler— peel away from self, peel middle of vegetable, rotate vegetable.

To measure accurately using both: Measuring jug (ml) - fill liquid until it reaches required amount looking at the line carefully, pour some away if there is too much. And electronic scale (g).

Knead



To knead dough— using the 'heel, flip, turn' method.

To roll dough— using a rolling pin and regularly applying flour to avoid dough sticking to surface and rolling pin.

Roll



Oven



Bake using a hot oven and handle a hot baking tray safely wearing oven gloves.

Oven gloves



Follow a recipe understanding some abbreviations, such as tsp = teaspoon and tbsp. = tablespoon.

Key Vocabulary

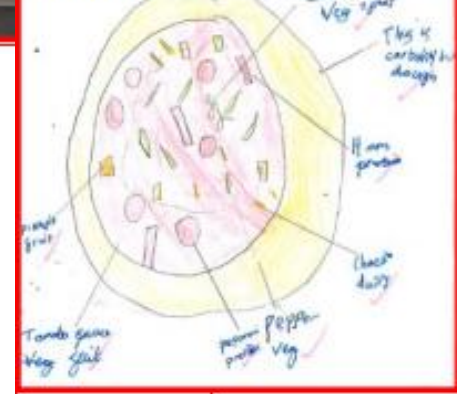
Understand these key words

Word	Definition
Rolling pin	A hard, smooth cylinder of wood or marble with handles at each end. It is used to roll out dough.
Oven gloves	A padded glove or mitten used to handle cooking utensils and dishes when they are too hot to touch with bare hands; oven mitt.
Bridge hold	Cutting technique whereby one hand is used to make a bridge over the vegetable or fruit with fingers on one side and thumb on the other.
Dough	A thick mixture of flour and a liquid such as water or milk that is prepared for baking into bread or cake.
Knead	To work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.
Roll	Applying pressure to dough using a rolling pin to flatten dough and make it even in thickness.
Cooling rack	A kitchen tool used to allow various cooked items such as breads, cakes, meats etc. to be placed and cooled or rested immediately after the cooking process.
Bake	To cook by dry heat, usually in the oven.
Pinch	A pinch is the trifling amount you can hold between your thumb and forefinger.
Combine	To bring or join together into a whole.
tsp	Teaspoon.
tbsp.	Tablespoon.

Pizzas baking in the oven:



Healthy pizza design:



Let Me Introduce You To...

Raffaele Esposito



Raffaele Esposito was an Italian chef and owner of a tavern called Pizzeria di Pietro e basta così in the 19th century that had been founded in 1780.

According to legend, Queen Margherita summoned Esposito, to bake some local treats. Esposito allegedly created three variations, one of which was topped with mozzarella (white), basil (green), and tomatoes (red) to represent the three colours of the Italian flag. The Queen loved it and Esposito named his pizza after her - which we now know as a Margherita Pizza!

Why should we celebrate the Platinum Jubilee?
Design and Technology -
Healthy Food Product -
Pizzas