



### Key Vocabulary

| Word        | Meaning                                         |
|-------------|-------------------------------------------------|
| Ingredients | Things you mix together when you cook something |
| Utensil     | A kitchen tool                                  |
| Equipment   | Things you need for doing something             |
| Texture     | The feel of something                           |
| Taste       | The taste of something                          |
| Aroma       | The smell of something                          |
| Fresh       | Recently made or grown                          |
| Processed   | Made into a different product to preserve it    |
| Healthy     | In good physical or mental condition            |

### The Eatwell Plate



### Design Criteria for a Sandwich

Appearance  
Taste  
Texture  
Aroma

### Making a recipe for a Sandwich

Drawing  
Ingredients  
Utensils  
Equipment





### Making a Sandwich

Hygienic  
Safe  
Tidy  
Use  
equipment  
properly

### Evaluating a Sandwich

Was it  
Visually  
appealing?  
Tasty?  
How could  
it be  
improved?

### Kitchen Equipment

|                                                                                                   |                                                                                                    |                                                                                                 |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <br>bowl        | <br>sieve       | <br>colander |
| <br>grater      | <br>pan         | <br>tray     |
| <br>baking tray | <br>oven gloves | <br>oven     |
| <br>grill       | <br>hob         | <br>whisk    |
| <br>teaspoon    | <br>tablespoon  | <br>scales   |

### Skills

Grating  
Peeling  
Chopping  
Cutting  
Spreading  
Slicing



### Extending your learning

Recipe Books  
Supermarket shelves  
Sandwich packaging

[The Eatwell Plate](#)