

Key vocabulary

Allergy	When the body reacts to substances which are usually harmless. Symptoms can vary from mild to life-threatening
Carbohydrates	Give us energy
Cuisine	A style or method of cooking popular within a particular culture
Culture	The ideas, customs and behaviour of a particular society
Design specification	A detailed document that sets out what a product should look like
Fat	Gives us energy. Some fats are healthier than others
Ingredients	Foods or substances combined together to make a dish
Innovation	The introduction of new methods, ideas or products
Intolerance	When the digestive system reacts to certain foods or drinks. This can make people feel unwell
Nutrients	A substance that provides nourishment essential for life and growth
Protein	Helps us to build muscle
Seasonality	The time of year when a food is at its peak (in terms of harvest or flavour)
Source	The place from which something starts
Sugar	A substance added for sweetness
Vitamins and minerals	These are needed in small amounts to help your body use nutrients efficiently.

	<u>Adjectives for taste</u>	
bland	spicy	salty
sour	sweet	bitter
crunchy	crisp	soft
smooth	juicy	sticky
fruity	<u>Adjectives for smell</u>	
creamy	fishy	garlicky
	citrusy	pungent
colourful	<u>Adjectives for appearance</u>	
greasy	dark	pale
	moist	golden

Health and safety

- Tie back long hair
- Remove jewellery
- Roll up sleeves
- Wash hands
- Cover cuts with a blue plaster
- Use tools and equipment which are appropriate for the task
- Be mindful of those around you who may have allergies

Cutting techniques

Cutting using the bridge technique



Cutting using the claw technique

Ingredients commonly used in Mexican cuisine