

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.

Adjectives for taste

bland	spicy	salty
sour	sweet	bitter

Adjectives for texture

crunchy	crisp	soft
smooth	juicy	sticky

Adjectives for smell

fruity	fishy	garlicky
creamy	citrusy	pungent

Adjectives for appearance

colourful	dark	pale
greasy	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