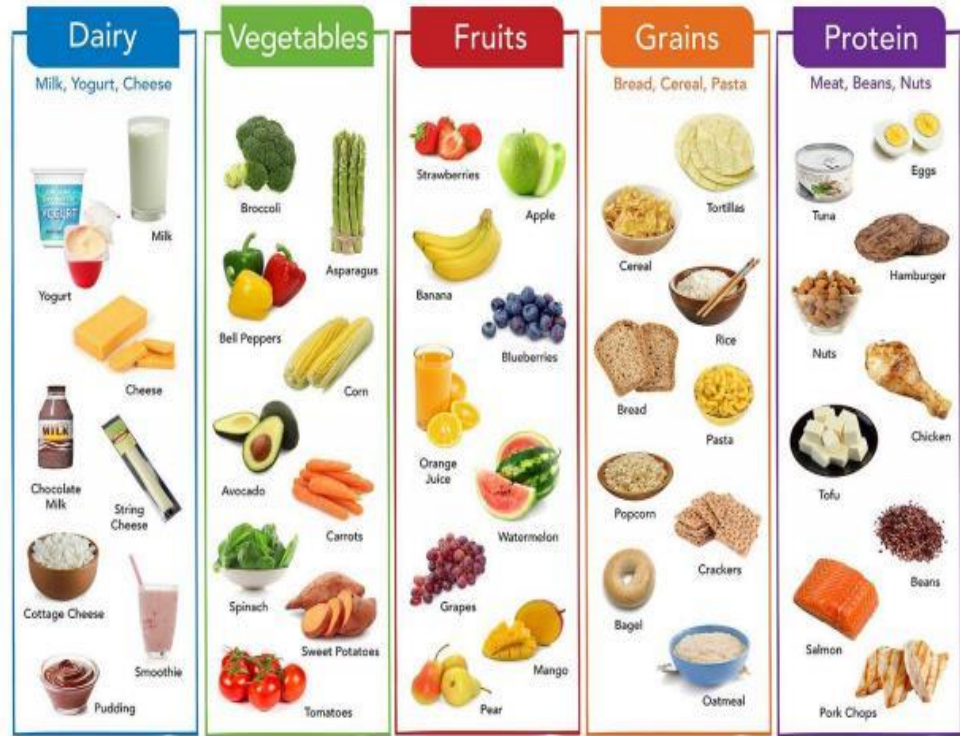
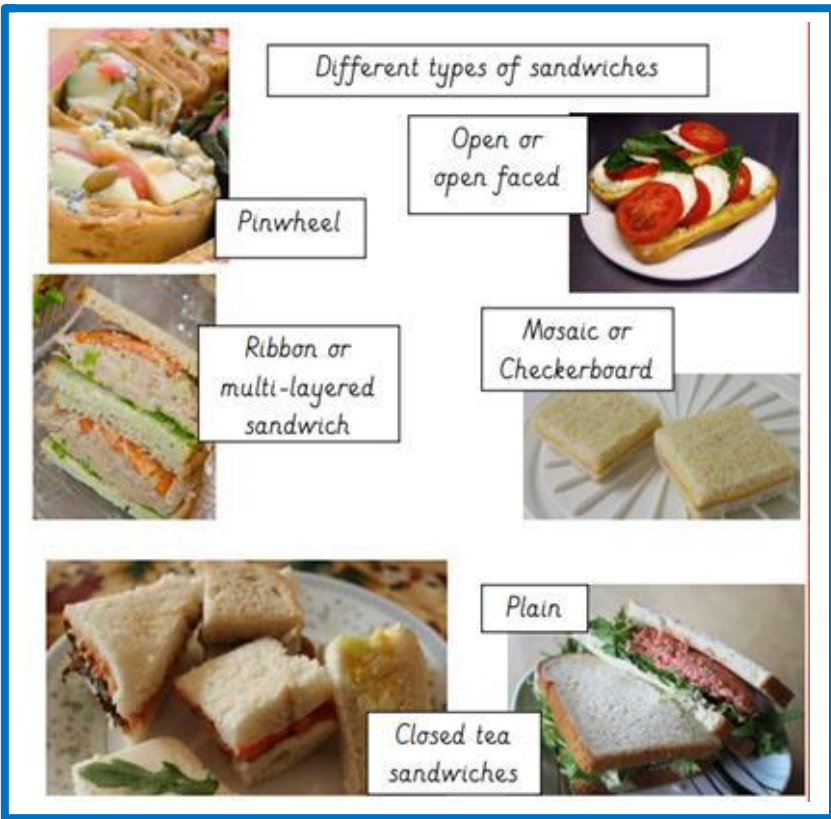


D & T Knowledge Organiser: Food – sandwich fillings



Sandwich filling ideas:

<https://www.bbcgoodfood.com/howto/guide/sandwich-fillings-kids>

<https://bakeplaysmile.com/kid-friendly-sandwich-fillings/>

<https://www.annabelkarmel.com/wp-content/uploads/2017/08/Sandwich-filler-challenge-1.pdf>

Health and safety!
Wash your hands and utensils with hot water and soap before and after preparing your sandwich!

Food hygiene, safety and cooking

- Buying, storing, preparing and cooking food safely and hygienically are vital for health.
- There is a range of additional food skills and cooking techniques, which enable a wide range of dishes to be made.



Food can spoil and decay due to the action of microbes, insects and other pests/pets.

Microorganisms
Microorganisms are everywhere. They can be carried by food, people, dirty equipment, animals and pests. Most are harmless.

Food spoilage
When food spoils, the following may change:

- appearance;
- taste;
- texture;
- smell.

Food can be purchased from a variety of sources.

Food labels provide useful information to the consumer.

Baby leaf salad
Keep refrigerated. Once opened consume within 24 hours and by the 'use by' date shown.

Food needs to be stored properly and within its date mark.

USE BY: 25/08/20 KEEP REFRIGERATED	BEST BEFORE: 25/08/21 STORE IN A COOL DRY PLACE
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Good personal hygiene is vital when cooking to avoid the risk of food poisoning.

Let's get ready to cook!

There are a number of basic food skills which enable you to prepare a variety of simple dishes.

These can include:

- cutting (with a knife);
- grating;
- juicing;
- kneading;
- measuring;
- peeling;
- rolling-out;
- rubbing-in;
- stirring;
- washing;
- weighing.

There are lots of food skills which enable you to extend the range of dishes you can already cook.

It is important to take care when using sharp and/or hot equipment so that you don't hurt yourself or someone else.

Task: Make a list of the steps you would take before, during and after cooking to make sure you follow good food hygiene and safety practices.

The bridge hold and claw grip should be used when cutting food to avoid harm.

Bridge hold **Claw grip**

Basic cooking skills are required to make a dish.

Grate **Knead**

Measure/weigh **Peel**

Roll-out **Rub-in**