|  |  |
| --- | --- |
| Classification of vegetables | Examples |
| Fruit vegetables | Aubergine, plantain, tomato, cucumber |
| Seeds and pods | Peas, beans, lentils |
| Flower vegetables | Broccoli, cauliflower |
| Leafy vegetables | Spinach, cabbage, parsley, lettuce |
| Stem vegetables | Asparagus, fennel, celery |
| Fungi | Different types of mushrooms |
| Tubers | Potato, sweet potato, yam |
| Bulbs | Onion, garlic, shallot, leek |
| Roots | Beetroot, swede, carrot, radish |

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| Classification of fruit | Examples |
| Soft fruits | Raspberry, blackberry, redcurrant, strawberry |
| Citrus fruits | Orange, lime, lemon, satsuma |
| Stone fruits | Plum, apricot, peach, cherry, mango |
| Tree fruits | Apple, pear |
| Exotic fruits | Banana, kiwi, melon, pineapple |
| Dried fruits | Currant, date, sultana, raisin, fig |

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| Starchy Carbohydrate | Examples |
| Bread | Bagels, baguettes, ciabatta, naan |
| Rice | Long grain  Short grain |
| Pasta | Spaghetti, lasagne, tagliatelle, penne |
| Cereals | Oats, wheat, rye |

**Safety**

* Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.
* Grater: hold grater firmly on a chopping board. Grate food in one direction and leave a small amount at the end to prevent injury to knuckles.
* Hot liquid: drain hot liquid carefully over the sink using a colander.
* Saucepans: turn panhandles in from the edge, so they are not knocked.
* Hot equipment: always use oven gloves when placing food in and out of the oven.
* Spills: wipe up immediately.
* Electrical equipment: always follow instructions.

**Preparing for practical work HABIT**

**H - Wash your hands and tie back hair**

**A – Put on an apron**

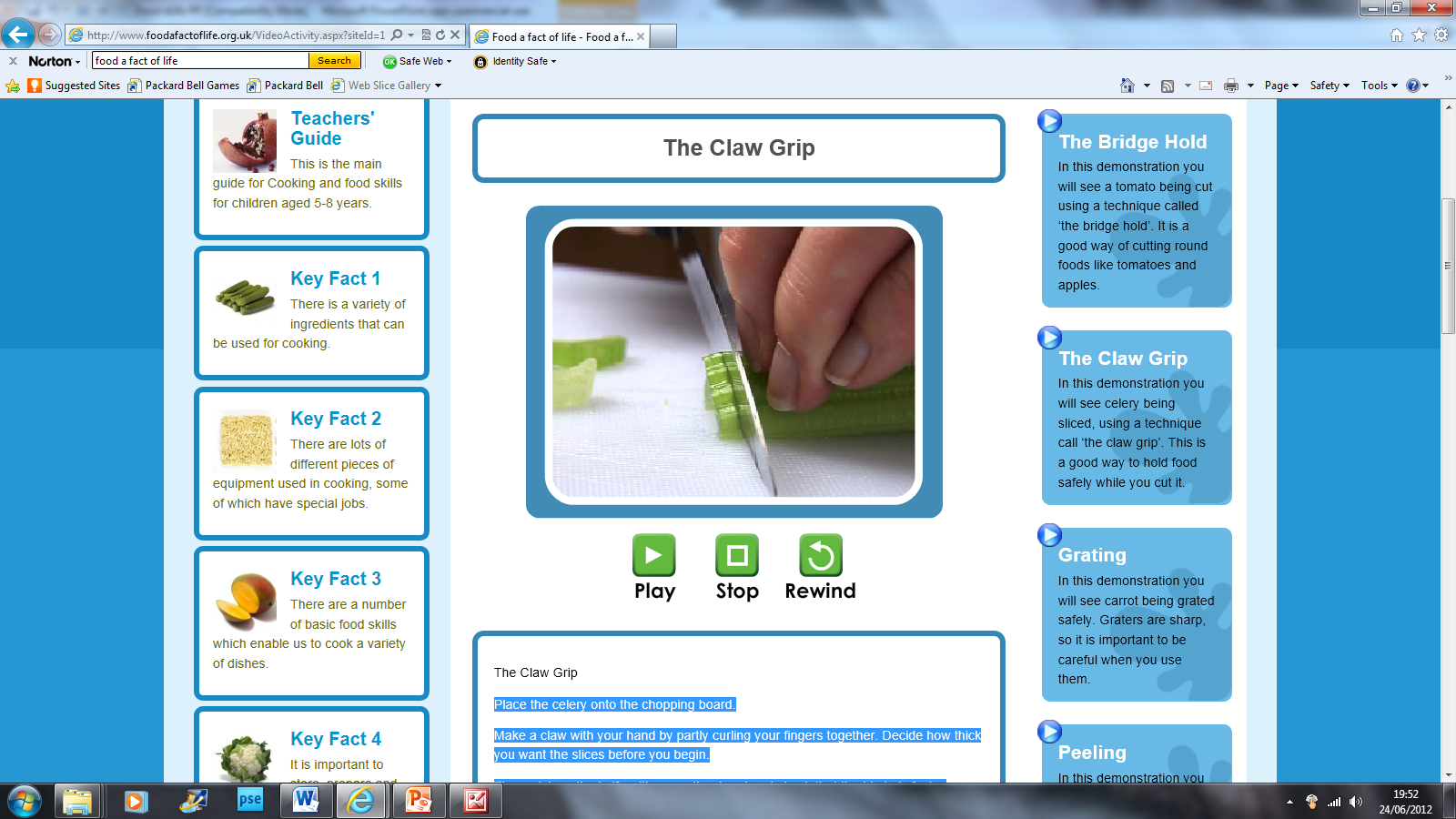
**B – Put your bags underneath the tables**

**I – Wait for your teacher to give you instructions**

**T – Do not talk and do not lean on the table**

**Knife Skills and Safety**

**Bridge hold Claw grip**



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| --- | --- |
| Protein | Examples |
| Meat | Chicken, beef, lamb, mince, ham |
| Fish | Tuna, cod, haddock,crab |
| Beans | Kidney beans, chickpeas, haricot beans |
| Nuts | Peanuts, walnuts, almonds |

Diagram

Description automatically generated