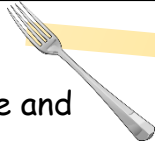


THEORY

- Basic hygiene and dangers
- How to prepare fruit



FRUIT SALAD

- Chopping skills

THEORY 2

- How to prepare crumble
- Sensory analysis
- Knowing your fruit

APPLE CRUMBLE

- Chopping, peeling and rubbing in

THEORY 3

- Nutrients and what they do
- How to prepare pasta salad

PASTA SALAD

- Grating, chopping, peeling, boiling and simmering

THEORY 4

- Healthy eating
- How to make cake mix
- Designing task
- Blade safety

CARROT CAKES

- Creaming
- Grating and peeling
- Batch cooking

THEORY 5

- Safety recap, show understanding
- Further knife skills
- How to prepare soup

VEGETABLE SOUP

- Boiling and simmering

