

## Year 8 Revision for Christmas exams

Complete any missing information in your booklet (you don't have to do the poster task)

1. 3 areas of Home Economics
2. Chopping board colours

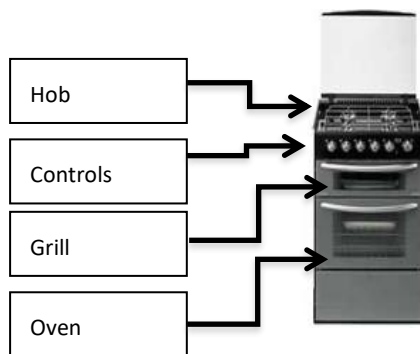
red= raw meat

White=cooked or bakery goods

Green=salad and vegetables

3. Hygiene and safety rules (revision link for hygiene and safety=[http://www.sensoryworld.org/kitchen\\_safety.html](http://www.sensoryworld.org/kitchen_safety.html))

4. Parts of the cooker



### The cooker

If you are using the oven see that it is turned on before you begin. All electric and gas cookers have a numbered dial on the outside of the oven. This is called the gas mark on gas cookers. A low number will give you a cool oven. A high number will give you a hot oven. Electric cookers are numbered as degrees in Celsius or Fahrenheit scale.

The shelves inside the oven may need to be moved if they are not in the correct position. Do this whilst the oven is cold. Your recipe will tell you the temperature you require. Set the dial in the correct position, and allow about ten minutes for the oven to heat up.

## Washing up in a basin



You should stack dishes neatly,

wipe the table down

collect a basin of hot water with a small amount of washing liquid.



Dishes should be washed with the cleanest first and then dried.

You must let your teacher inspect them first before you put them away.












You should empty and dry your basin






finally give your table a final wipe

inspect around your sink to ensure it is clean.

## 5. Equipment



	Can opener	For opening cans of ingredients.
	Rolling pin	For flattening foods.
	Chopping board	For resting ingredients on while they are being cut.
	Sauce pan	For cooking food on a hob.
	Cutters	For cutting ingredients into circles.

	Fork	For eating with.
	Garlic press	For crushing garlic.
	Grater	For grating ingredients like cheese and carrots.
	Can opener	For opening cans.
	Table knife	For cutting ingredients and spreading butter or margarine.

	Kitchen scissors	For snipping ingredients like herbs and spring onions.
	Measuring spoons	For measuring small amounts of ingredients.
	Mixing bowl	For holding ingredients while they are being mixed together.
	Measuring jug	For measuring ingredients like water and milk.
	Peeler	For taking the skin off foods like carrots and potatoes.

	Sieve	For getting the lumps out of foods like flour.
	Spoon	For eating desserts and also for mixing foods.
	Vegetable knife	For cutting vegetables.
	Weighing scales	For weighing foods.
	Wooden spoon	For stirring ingredients.

	Whisk	For beating ingredients to get lots of air into them.
	Toaster	For toasting food.
	Spatula	For scraping mixture out of a bowl.
	Cake tin	For holding mixture while it is baked in the oven.
	Baking tray	For placing food on while it is cooked in the oven.

	Cooling rack	For resting hot food on until it cools down.
	Fish slice	For moving and lifting hot food.

Equipment can be found on web link

<http://archive.foodafactoflife.org.uk/attachments/13ac91c1-5308-4dfbf070ab77.pdf>