

# GGA – Cooking Year 2

## Autumn Term Apple Crumble

### Vocabulary

Hygiene	The practice of cleanliness for good health.
Rubbing in.	Method using your fingertips to rub the fat into the flour.
Locally grown	Grown close to our homes, include discussing the seasons.
Carbohydrate	This is a food group that contains cereals, bread, pasta and potato.
Energy	Our body needs Carbohydrates to give us energy. To help us keep active.

### Why are we learning this?

### Why is this important?

Using local grown produce.

Better for the environment to use local seasonal produce.

### Links

Apple Crumble Recipe

<https://www.bbcgoodfood.com/recipes/best-apple-crumble>

### Skills that I am going to learn.

#### Understand Hygiene Rules

I can explain the food hygiene poster to my friend.

#### Food Groups

I know that oats are in the Carbohydrates food group which provide energy.

#### Rubbing in Method

I can rub fat into flour using my fingertips.



#### Use the bridge technique for hard fruit.

I can rub use the bridge technique to cut an apple.



#### Growing of food

I can explain that baking apples are grown locally and are available to pick September / October months.



#### Food safety

I can wash and dry up using hot soapy water safely.

