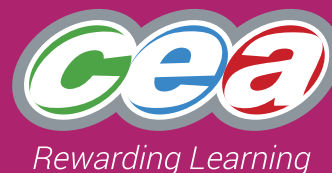


# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



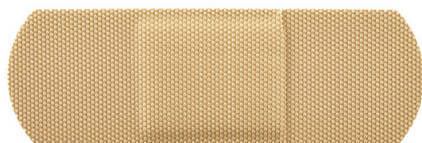
## Personal hygiene rules

Personal hygiene is of utmost importance. Personal freshness is essential in a kitchen environment.

You should:

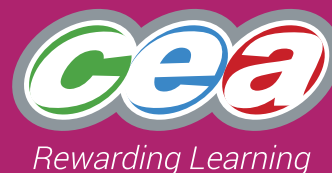
- have clean, short fingernails and **NO** nail polish
- have hair tied back
- wear **NO** jewellery
- not sneeze, cough or blow your nose near food
- have **NO** strong aftershaves or perfumes on as these can taint the food
- wash your hands with soap when entering the kitchen and also:
  - **between handling raw and cooked food**
  - **after cleaning or handling waste**
  - **after using the bathroom**
  - **after eating**
  - **after smoking**
  - **after blowing your nose**
- not touch your nose, ears, hair or mouth when handling food
- tell the teacher before class if you have an upset stomach or an infected wound
- make sure all cuts and sores are covered with a waterproof, highly visible dressing
- avoid unnecessary handling of food
- not sit on work benches

## Entry Level Home Economics: Unit 1 Basic Food Preparation

[illegible]

# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: Using knives safely

1. When carrying knives always ensure that they are carried by your side and pointing towards the ground.
2. When cleaning knives always hold them with the sharp edge pointing away from you.
3. Knives should always be kept clean and sharp.
4. Never leave knives lying in the sink – always wash and return them to their correct place.
5. Never use a dirty knife as this will cause cross contamination.
6. Use different knives for cutting meat and vegetables.
7. Handles on knives should be kept free from grease so that they are not slippery to hold.
8. Place knives flat on the work surface – never leave them with the blades pointing upwards.
9. Always use the correct knife for the job.



I understand the above statements and agree to follow the rules.

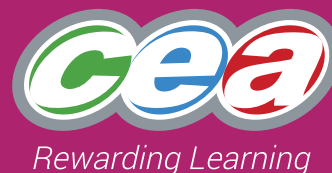
Candidate signature: \_\_\_\_\_

Teacher signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: Hygiene and Safety rules

### Safety rules



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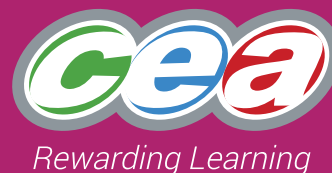
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# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Hygiene and Safety Rules

Label each rule as: **H** (Hygiene) or **S** (Safety)

Don't cough or sneeze over food.

☐

Wipe up spillages immediately.

☐

Always wash hands before handling food.

☐

Wear clean apron.

☐

Keep saucepan handles turned in.

☐

Wipe down tables before cooking.

☐

Cover cuts with blue plasters.

☐

Keep electrical leads away from water.

☐

Do not overload electrical sockets.

☐

Tie long hair back.

☐

Keep knives away from edge of workbench.

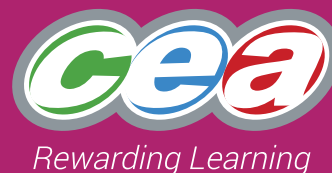
☐

Walk with knives down by side.

☐

# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: 'Get ready to cook' checklist



**Before** we cook we should:

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**While** we cook we should:

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**After** we cook we should:

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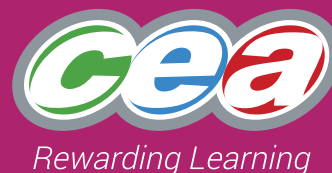
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# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: Dangers in the kitchen



**Circle** the hazards in the kitchen and write how each one should be dealt with in a safe and hygienic way.

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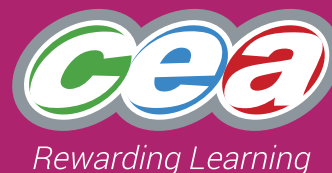
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# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: Kitchen equipment

Can you name the following pieces of equipment?



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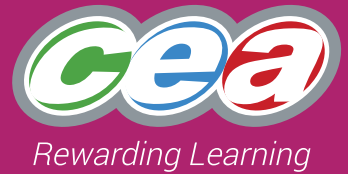


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# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: Kitchen equipment

Can you name the following pieces of equipment?



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# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: Kitchen equipment

Can you name the following pieces of equipment?



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# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: Kitchen equipment

Can you name the following pieces of equipment?



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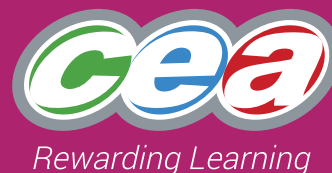
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# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Title: Cooking Skills

Lucia wants to know about cooking skills. In the boxes below, draw 3 skills she will need for 2 different recipes. Write the name of each skill under your drawing.

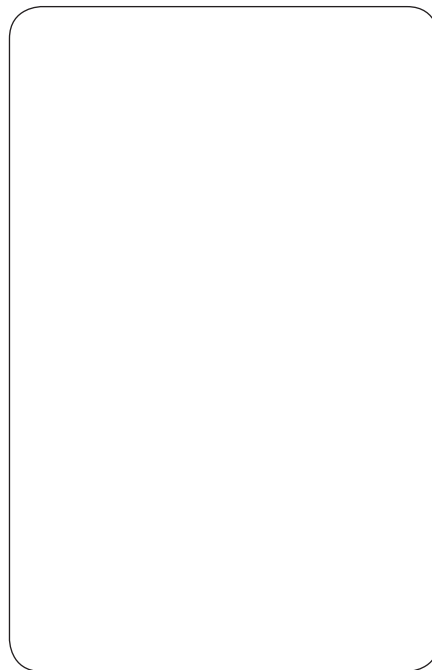
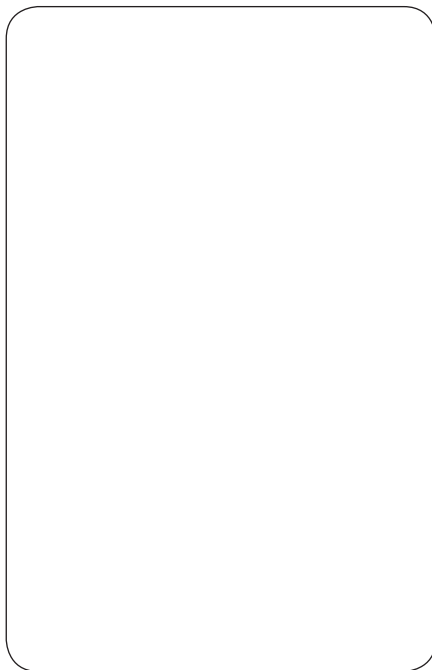
You need these skills to make: \_\_\_\_\_

A large, empty rectangular box with rounded corners, intended for drawing a cooking skill.A large, empty rectangular box with rounded corners, intended for drawing a cooking skill.A large, empty rectangular box with rounded corners, intended for drawing a cooking skill.A small, empty rectangular box, intended for writing the name of the skill.A small, empty rectangular box, intended for writing the name of the skill.A small, empty rectangular box, intended for writing the name of the skill.

# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation

You need these skills to make: \_\_\_\_\_



# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



Today I made:

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These are some of the skills I used when preparing my dish:

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**chopping**

**slicing**

**boiling**

**dicing**

**grating**

**simmering**

**blending**

**mixing**

**peeling**

**rubbing-in**

**stirring**

**measuring**

# Task Sheet

Entry Level Home Economics:  
Unit 1 Basic Food Preparation



## Learner Evaluation Record

Candidate name: \_\_\_\_\_

Unit: \_\_\_\_\_

Learning outcome: \_\_\_\_\_



Candidate signature: \_\_\_\_\_

Teacher signature: \_\_\_\_\_

Date: \_\_\_\_\_