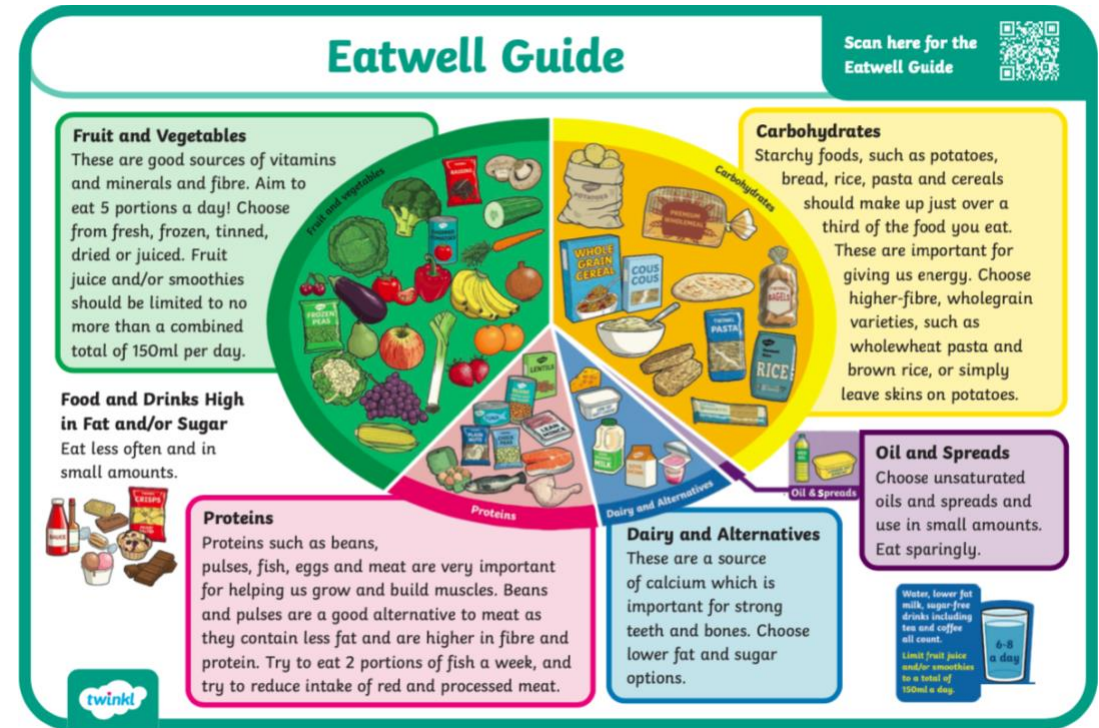


Key Vocabulary

Balanced diet	Eating the correct amounts of different foods to stay healthy
Ingredients	Foods used to make a dish
Texture	How food feels in the mouth
Appearance	What food looks like
Flavour	The taste of food
Design brief	A description of what a product needs to do
Evaluate	To judge how well something works
Slice	To cut food into thin pieces
Chop	To cut food into chunks
Grate	To shred food into small pieces
Peel	To remove the outer skin
Bridge grip	A safe way to hold food while cutting
Claw grip	A safe hand position used when slicing



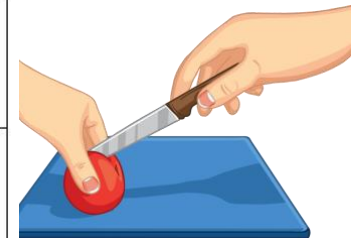
Types of Salads

Couscous salad	Potato salad	Noodle salad	Pasta salad	Tabbouleh	Greek salad
Combines steamed semolina grains with chopped fresh vegetables, herbs, and lemon dressing.	Made from boiled potatoes mixed with a dressing and add-ins like herbs and egg.	Made with noodles, crunchy vegetables, and a flavourful dressing.	Made with boiled pasta, vegetables, cheeses, and meats, all tossed in a dressing.	A Middle Eastern salad. Finely chopped parsley and fresh mint combined with diced tomatoes.	A Mediterranean dish made with tomatoes, red onion, cucumbers, and feta cheese.



Claw Grip

Used when cutting longer fruits and vegetables.
Keep your fingers tucked under!



Bridge Hold

Used when cutting smaller fruits and vegetables to hold the food and protect your fingers.

