

WELCOME TO

FOOD PREPARATION AND
NUTRITION



Why are knife skills essential?

- Cutting and dividing ensures even cooking
- Different textures require different cutting
- Different recipes require different cutting
- Use knives carefully
- Never catch a falling knife
- Work methodically
- Practice + precision = higher grade

Trimming beans



Onions



What other ways are there to cut onions?



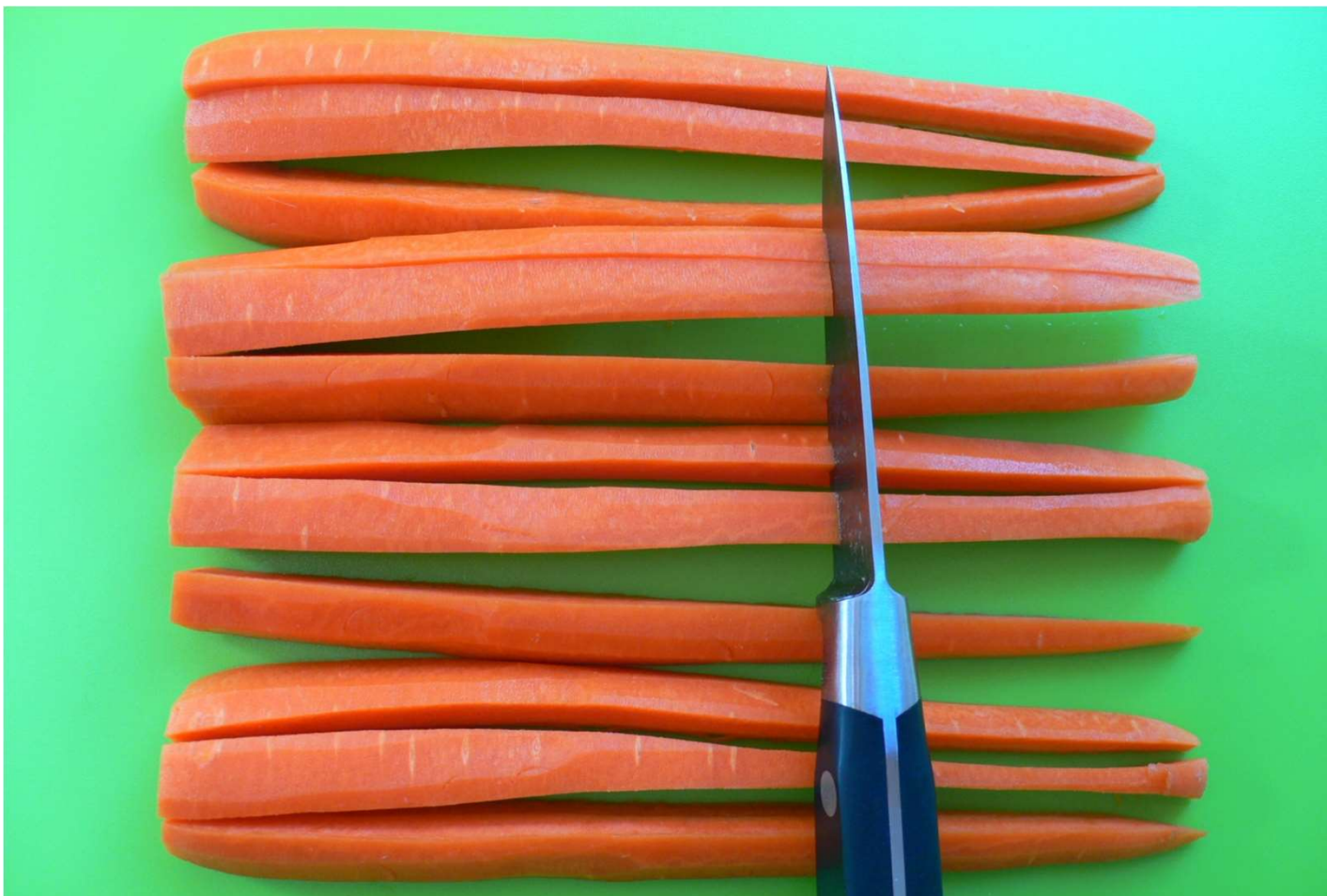
Fine chopping for herbs (chiffonade)



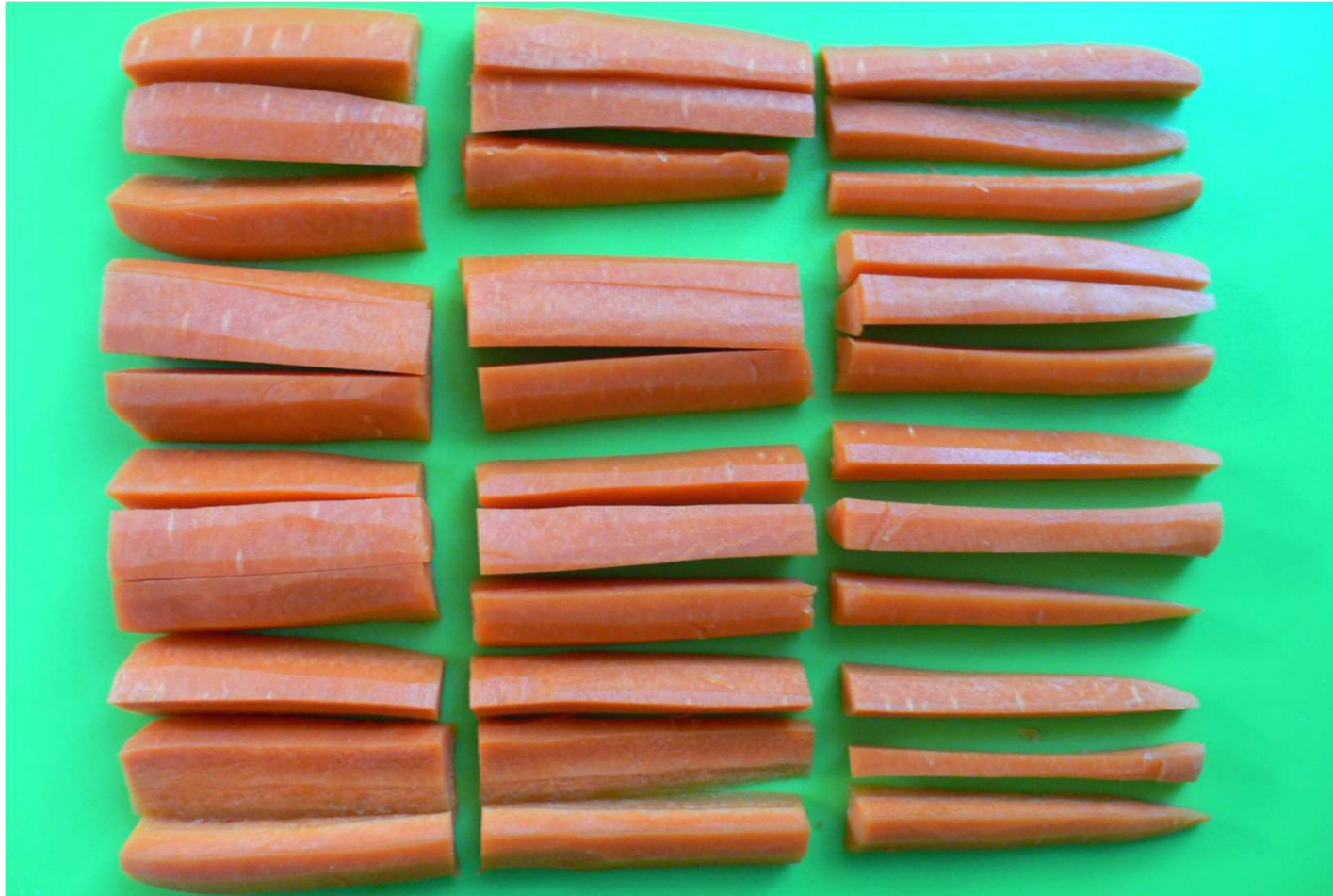
Carrots



Slicing



Even length

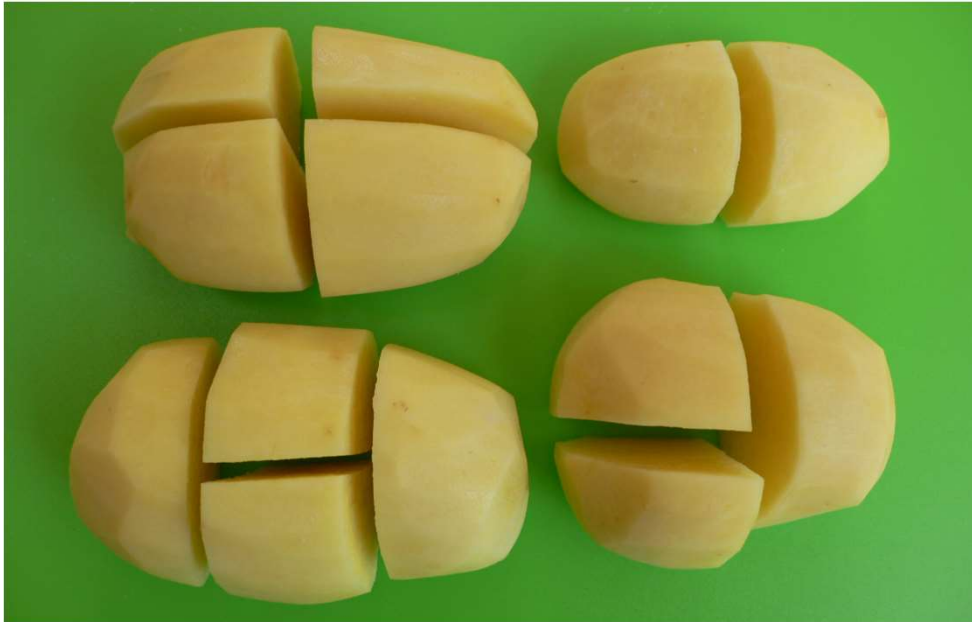


Slices can be varying in size



Knife skill with tomatoes



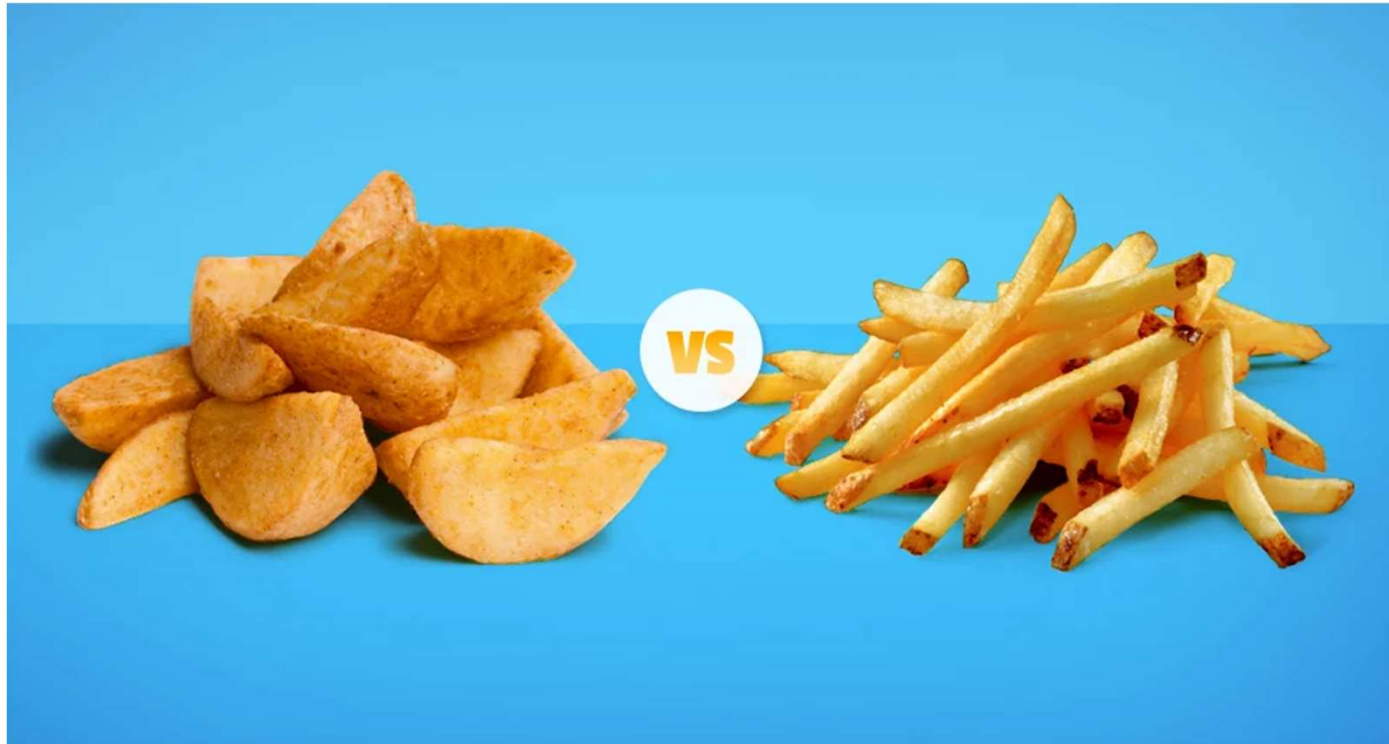


Potatoes of different sizes, cut into equal size pieces.

Why is cutting food into equal sizes important?

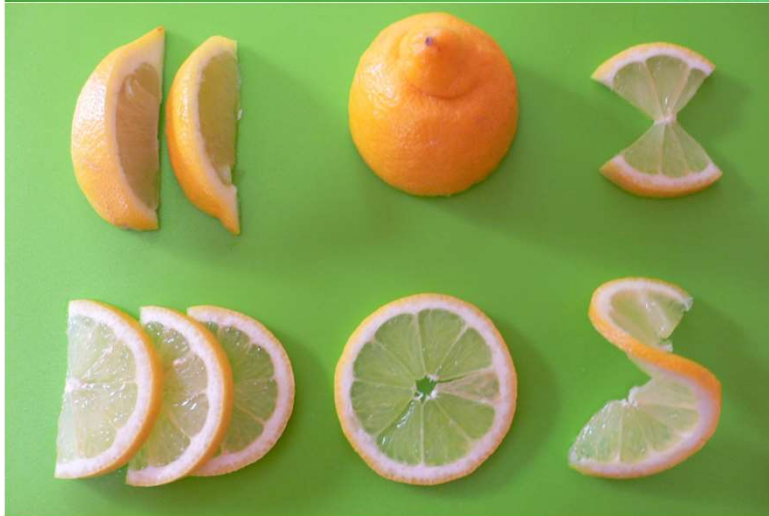
How does cutting food affect it's surface area?

Which chips are healthier?



Why?

Fruit for garnishing







EXAMPLES OF VEG CARVING



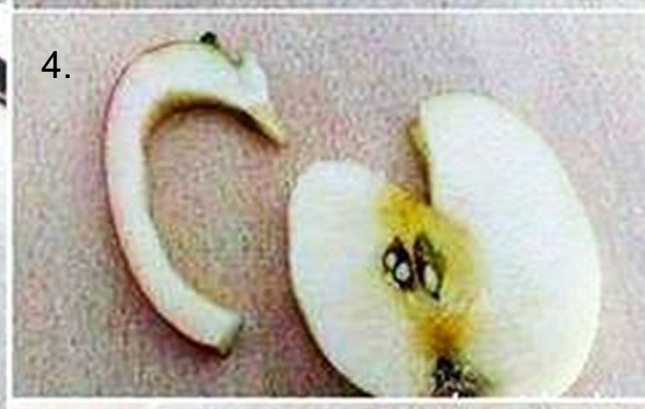
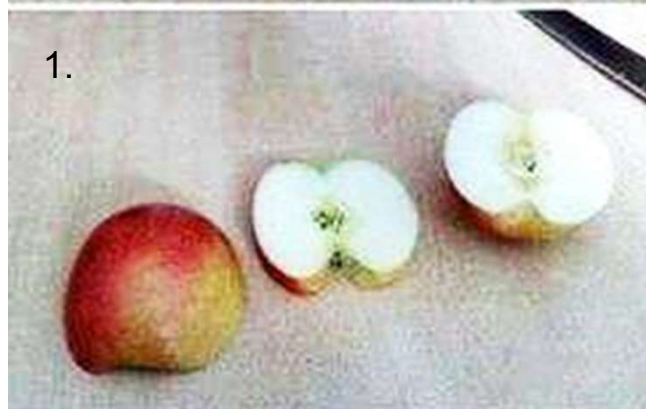
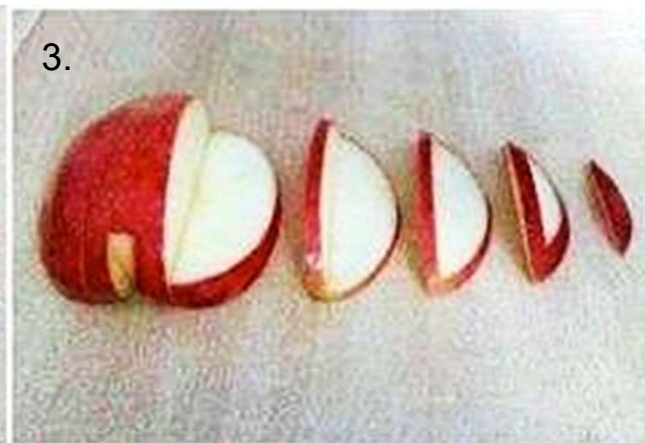
Making Apple Swans

Equipment:



Chopping Board

Knife



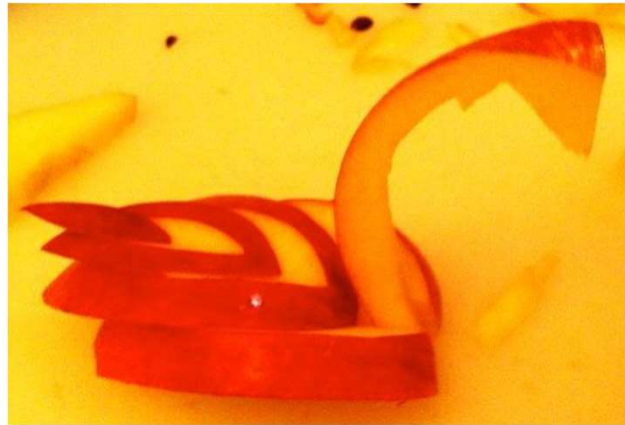
VIDEO LINK:

<http://www.youtube.com/watch?v=FNXmuakUi4M>

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What do you think is the criteria for each level?

OR

What do you think is the difference between each level?