

Technical knowledge

Britain consists of the four countries; England, Northern Ireland, Scotland and Wales. Each country has their own famous dishes. Some of these dishes have been forgotten over time and some have been adapted around the world to suite a countries tastes buds. It is not just the countries that have their own traditional foods but the counties within them.



Fish and chips
(English)

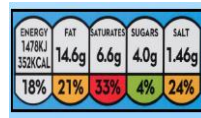


Haggis
(Scottish)



Bara brith
(Welsh)

All packaged food items in the UK have these labels. They give us key nutritional information and are coloured coded.



Key Vocabulary

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|---------------|--|
| national dish | Food or a meal that is associated with a specific country |
| origins | The place where something comes from. |
| savoury | A food that is rich in flavour and doesn't taste sweet. |
| dessert | A sweet dish that you would eat after a main meal. |
| staple | A food that is eaten regularly. |
| cuisine | A cooking style and traditions referred to by a particular country. |
| shelf life | The length of time for which an item remains usable. |
| best before | An expiration date that is previously determined after which something should no longer be used. |

Great British Dishes



Roast dinner



Toad in the
hole



Full English
breakfast



Pasty



Soup



Shepherd's Pie



Trifle



Scones



Jam roly poly



Battenburg cake



Porridge



Welsh rarebit

Keep It Clean



Wipe down all surfaces with anti-bacterial cleaner. Use a clean cloth or disposable wipes.

Check that all equipment is clean and not damaged before using it.

If you drop any equipment on the floor, wash it again before you use it.



Use Equipment Safely

Only get out the equipment you need.

Get all equipment and ingredients out before you start.

Never walk around with knives. Get an adult to bring knives or sharp equipment to you.

Make sure you know how to use equipment safely. If you've not been shown how to use something, don't use it until you have! Ask an adult if you're not sure.

