

Plan my dish

Ingredients, equipment and checks for a safe dish.



NAME _____ CLASS _____ DATE _____

LEARNING GOAL

Plan a dish safely: what I need, what to check and when to do it.

SUCCESS CRITERIA

- ☐ I can list ingredients and equipment for a dish.
- ☐ I can spot allergens and follow the safety rules.
- ☐ I can plan my method and time, then scale a recipe.

DISH NAME _____ SERVES _____

Cooking for: any needs, such as allergies, to check with my teacher _____

INGREDIENTS

My recipe card: what I need

AMOUNT	UNIT	INGREDIENT	ALLERGEN? TICK
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

EQUIPMENT

Equipment checklist

Tick what my dish needs. Write anything else in an empty box and tick it.

☐ Chopping board	☐ Knife	☐ Saucepan	☐ Wooden spoon
☐ Measuring spoons	☐ Scales	☐ Colander	☐ Oven gloves
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____

Safe and ready

Check allergens, then follow the safety rules.



ALLERGENS

Circle every allergen in my dish.

This is the list used in the UK; check the list for your country.

Celery

Cereals containing gluten (wheat, rye, barley and oats)

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Peanuts

Sesame

Soya

Sulphur dioxide and sulphites

Tree nuts

- ▲ Tell your teacher about any allergy before cooking.
- ▲ Read the label of every packet every time, because recipes change.
- ▲ Never share spoons, boards or bowls between a food with an allergen and one without.
- ▲ Never taste or share food that has not been checked.
- ▲ If anyone feels unwell, tell the teacher straight away and follow the school's allergy procedure.

HYGIENE

- 1 Wash your hands with soap and warm water and dry them on a clean towel: before cooking, after touching raw meat or eggs, after touching your face, hair, bin or phone, and after the toilet.
- 2 Tie long hair back and wear a clean apron.

RAW AND COOKED

- 3 Keep raw meat away from ready-to-eat food. Use different boards and knives, or wash them well in between.
- 4 Do not wash raw chicken.
- 5 Use a clean food probe to check the core using the teacher-approved time and temperature. UK FSA examples: 75°C for 30 seconds or 70°C for 2 minutes. Follow the approved method for this dish.

TEMPERATURES

- 6 Fridge: 5°C or below. Freezer: -18°C.
- 7 Use-by dates are about safety: never use food after its use-by date. Best before dates are about quality.
- 8 Cool leftovers quickly and put them in the fridge within one to two hours.

FRIDGE
5°C
or below

FREEZER
-18°C

TOOLS AND HEAT

- 9 Knives: carry with the blade pointing down beside your leg; cut on a board that does not slip (a damp cloth underneath); use the claw grip (fingertips curled in) and the bridge hold for round foods; never leave a knife in washing-up water.
- 10 Heat: use dry oven gloves; turn pan handles inwards, not over another hot ring; lift lids away from your face; wipe spills straight away; tell your teacher at once about any burn or cut.
- 11 Taste only with a clean spoon, and a new clean spoon each time. Never taste raw meat, raw egg or raw dough.

BEFORE I START

☐

Hands
washed

☐

Hair tied back

☐

Apron on

☐

Allergy check
done

☐

Label
checked

Method and timeline

Write my steps, then draw the time plan.



METHOD

My method: one clear step in each box

1		2	
3		4	
5		6	
7		8	

TIMELINE

My timeline: 0 to 60 minutes

Draw a block for each job, from its start minute to its end minute, and write the job in the block. Jobs that happen together go on different rows.

	0	5	10	15	20	25	30	35	40	45	50	55	60
Minutes													
Job 1													
Job 2													
Job 3													
Job 4													
Job 5													
Job 6													

I will serve at

Worked example

A finished recipe card to read and learn from.



INGREDIENTS

EXAMPLE, INVENTED

Tomato and herb pasta, serves 4

AMOUNT	UNIT	INGREDIENT	ALLERGEN
300	g	dried pasta	✓ Gluten
1	tbsp	olive oil	
1		onion	
1	clove	garlic	
400	g	tinned chopped tomatoes (one tin)	
1	tsp	dried mixed herbs	
60	g	grated cheese	✓ Milk

Allergens in this dish: cereals containing gluten (wheat, in the pasta) and milk (in the cheese).

METHOD

Method: eight steps

- 1 Wash hands, tie hair back, apron on.
- 2 Peel and chop the onion on a steady board with the claw grip.
- 3 Warm the oil in a pan on a medium heat; cook the onion for 5 minutes until soft.
- 4 Add the crushed garlic for 1 minute.
- 5 Add the tomatoes and herbs; simmer gently for 15 minutes, stirring now and then.
- 6 Meanwhile boil the pasta in a large pan of water for the time on the packet (our packet says 10 minutes).
- 7 Drain the pasta carefully with the steam away from your face.
- 8 Mix pasta and sauce, add the cheese and serve.

READ THE CARD

1. How much dried pasta do you need?

2. For how many minutes does the onion cook?

3. Which ingredient has milk in it?

4. Which step says to use the claw grip?

5. Which three things do you do in step 1?

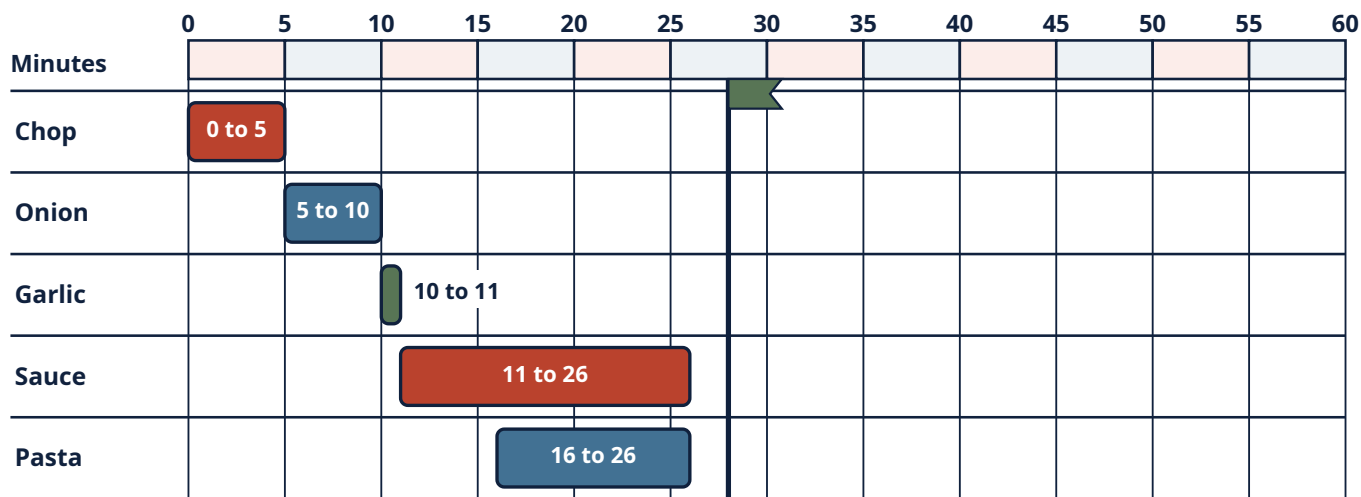
Scale it up and down

Read the timeline, then halve and double the recipe.



TIMELINE

Tomato and herb pasta: the plan



Serve at 28 minutes

6. When does the garlic go in?

7. Which two jobs happen at the same time?

SCALE IT

Halve it and double it

Write the unit too. Serves 2: halve each amount, but keep 1 whole garlic clove. Serves 8: double each amount.

INGREDIENT	SERVES 4	HALVE IT: SERVES 2	DOUBLE IT: SERVES 8
Dried pasta	300 g		
Olive oil	1 tbsp		
Onion	1		
Garlic	1 clove		
Tinned chopped tomatoes	400 g (one tin)		
Dried mixed herbs	1 tsp		
Grated cheese	60 g		