

Home Economics grade 7

Basic skills in the kitchen	Nutrition	Household chores
<p>General: hygiene, safe working habits, pair work, team work, setting the table, cleaning the kitchen, washing the dishes by hand and by dishwasher, learning the names of vegetables, basic cooking and baking skills</p>	<p>General: healthy eating, evaluating eating habits, plate model, food pyramid, energy, energy nutrients, protecting nutrients, fats, carbohydrates, proteins, vitamins, minerals</p>	<p>General: cleaning a household, washing laundry</p>
<p>Verbs: cut, chop, cube, grate, mix, stir, whisk, knead, boil, simmer, fry, brown, bake, wash, wipe, measure</p>	<p>Verbs:</p>	<p>Verbs: wash, wipe, clean, vacuum, mop, hang to dry, fold, iron</p>
<p>Equipment and materials: stove, oven, dishwasher, kettle, electric mixer, blender, frying pan, saucepan, spatula, rubber spatula, measuring tools, grater, chopping board, cook's knife, bread knife, peeling knife, vegetable knife, palette knife, apple corer, measuring cups and spoons, masher, sieve, strainer, lemon squeezer, garlic presser, bowl, baking wheel, rolling pin, wooden fork, pot holders, tablecloth, napkins, flour, butter, margarine, oil, baking powder, salt, cauliflower, broccoli, onion, garlic, zucchini (courgette), Brussel sprouts, cabbage, swede (rutabaga), parsnip, celery, dill, parsley, leek, eggplant (aubergine)</p>	<p>Equipment and materials: food packages</p>	<p>Equipment and materials: washing machine, dryer, iron, ironing board, mop, bucket, cloth, detergent, washing powder</p>

