

Knowledge Organiser Design & Technology Year 6 Summer

Cooking and Nutrition - Come dine with me



St Elizabeth's Catholic Primary School
 "Love one another as I have loved you"

Accompaniment	Something which goes well together with other foods and drinks.
Cookbook	A book which contains recipes to make various dishes or foods.
Cross-contamination	Cross-contamination is how bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.
Equipment	Items and objects which are needed to complete a task.
Farm	Land or water used to produce crops or raise animals for food.
Flavour	How food or drink tastes. (e.g. sour, sweet, bitter, salty)
Imperative verb	Also known as 'bossy verbs' because they tell you what to do. You put them at the beginning of a command or action. (e.g. bake, grill, add, heat).
Ingredients	Items that make up a mixture e.g. foods that make a recipe.
Method	A way of carrying out a certain process, following a list of instructions.
Nationality	Belonging to a certain group of people in a particular country.
Preparation	The process of getting ready to make something.
Processed	When foods are passed through multiple processes in a factory to change or preserve it so it keeps for longer.
Reared	To breed and raise livestock. e.g. cows.
Recipe	A set of instructions for making or preparing a food item or dish.
Target audience	A particular group or person who a product is aimed at.
Unit of measurement	The unit which you use to measure a quantity. (e.g. litres)

Design → **Make** → **Evaluate**

Knowledge and skills covered in this topic

- ❑ Children will learn the origins of many fruits and vegetables as well as knowing the origins of many popular recipes and dishes.
- ❑ Children will learn to create a meal that allows all courses to complement each other.
- ❑ Children will be able to describe the process 'From Farm to Fork'.
- ❑ Children will be able to contribute to a class cookbook.

Prior knowledge

Year 1: Differentiating between fruits and vegetables by understanding where and how they grow. Using a safe method to cut fruit and vegetables.

Year 2: Understanding the health benefits of foods, knowing where to find nutritional information on a packet.

Year 3: Knowing that fruits and vegetables are seasonal and how eating seasonally can benefit the environment. Knowing how to follow a recipe and handle kitchen utensils safely.

Year 4: Knowing that choosing different ingredients can change the flavour of food. Knowing the five different flavours that our tongues can taste.

Year 5: Knowing the 'Farm to Fork' process. Knowing how to avoid cross contamination within the kitchen environment. Understanding the ethical rules of farming to ensure the welfare of the animals.



Many countries have traditional dishes. For example: India is known for hot curries, whilst England is known for the fish'n'chips which were historically served in newspaper.

COME DINE WITH ME

Favorite RECIPES
 From Our Class

