

DT Knowledge organiser - Food and Nutrition Couscous salad

Key Vocabulary

Product	Something made by means of either human work or that of a machine
Fresh/ Unprocessed	When food is eaten without anything added e.g. cuts of meat
Processed	Food that has something added to it or has been made with chemicals e.g. microwave meals, fast food etc.
Home grown	Food that has been made in the U.K.
Imported	Food that has been made in another country and transported into the UK
Taste	Flavours that can be detected in the food e.g. sweetness, spice, heat.
Aroma	Smell of the food.
Appearance	What food looks like
Edible	Food that is fit to eat e.g. not raw, not too salty etc
Inedible	Food that cannot be eaten e.g. tastes bad, raw meat etc.
Eatwell plate	A pictorial summary of the main food groups and their recommended proportions for a healthy diet



Skills

- recall and discuss different types of salad identifying salad ingredients.
- explain the key messages from each Eatwell Guide food group.
- use the internet to research a selection of different salads. 3 To be able to:
- recall the get ready to cook steps, explain how they should be carried out and why they are necessary.
- prepare ingredients for a salad bar by safely using the bridge hold, claw grip and grating techniques.
- use a range of sensory vocabulary to describe a selection of foods.
- recall foods associated with a selection of countries around the world.
- create a questionnaire to research the requirements and preferences of their salad recipient.:
- identify design criteria for a salad based around the requirements of an individual and purpose.
- apply their knowledge, experience and research findings to design a salad which meets their design criteria.
- communicate their salad design through notes and sketches
- make the salad they have planned safely and hygienically.
- select the correct equipment for different food preparation tasks.
- evaluate their salad against the design criteria and feedback from others.

Peeling (removing the skin)



Chopping (into chunks)



Slicing (into slices)



Grating (shredding with a grater)



Preparation Methods

HEALTH AND SAFETY

Remove any jewellery and tie back long hair

Wear an apron and roll up your sleeves

Walk safely and calmly around the classroom

Keep your work area and floor area clean

Follow the teacher's cutting instructions

Washing your hands should be done before, during and after preparing food.

Finally, report all spillages and clean up properly after yourself, leaving the classroom tidy.

