

DT Knowledge organiser - Food and Nutrition Seasonal Cooking

Key Vocabulary

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| Product | Something made by means of either human work or that of a machine |
| Healthy diet | A diet which includes all of the five food groups and not too much of the same thing |
| Seasonal | Seasonal food refers to the times of the year when the harvest or the flavour of a given type of food is at its peak |
| 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 |
| Eatwell plate | A pictorial summary of the main food groups and their recommended proportions for a healthy diet |

Skills

- To identify some foods that are healthy and unhealthy
- To identify the main food groups on the Eatwell plate and what each food group provides
- To understand that some foods are seasonal, local and sustainable
- To use both the **bridge hold** and **claw grip** to cut the same food using a serrated vegetable knife - apples
- To **cut foods** into evenly sized strips or cubes -apple segments
- To **peel and grate harder food** (eg apples and carrots)
- To modify a basic soup recipe with herbs and spices and talk about their preferences
- To evaluate their finished product and say how they might improve it



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.

Preparation Methods

Peeling (removing the skin)



Chopping (into chunks)



Slicing (into slices)



Grating (shredding with a grater)

