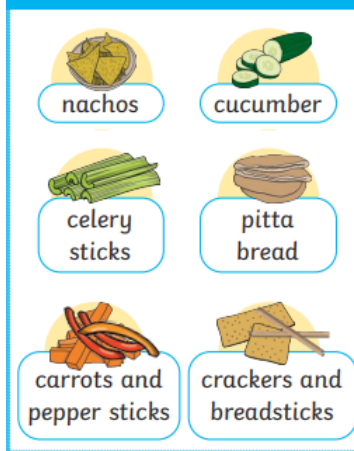


# DT Knowledge organiser - Food and Nutrition Greek Salad and Dips

## Key Vocabulary

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

## Types of dippers



**hummus** popular in Greece and Türkiye  
 chickpeas tahini lemon garlic

**guacamole** often eaten with Mexican food  
 coriander avocado onion lemon tomato

**salsa** Spanish name for sauce popular in America and eaten with Mexican food  
 lime juice onion jalapeno peppers garlic tomatoes cilantro (coriander)

**raita** an Indian, Pakistani and Bangladeshi dip  
 cucumber mint garlic lime yogurt

**Thousand Island** comes from the thousands of islands between the US and Canada  
 mayonnaise sweet pickle relish tomato ketchup onion

## Preparation Methods

Peeling (removing the skin)



Chopping (into chunks)



Slicing (into slices)



Grating (shredding with a grater)



## 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.

