



Y3 Food Routes – Knowledge Organiser



What should I already know?

Cut using a knife and fork, basic personal hygiene, food comes from plants and animals, we need food to grow and be healthy.

Key Knowledge

- Follow safe procedures for food safety and personal hygiene
- Safe cutting skills (Bridge hold/Claw grip)
- 5-a-day fruit and vegetables
- Eatwell Guide /Healthy Eating /Hydration



- Measuring ingredients (ml) and weighing (g)
- Follow a recipe
- Clear up, wash up, putting away & compost

KS2 National Curriculum for Cooking & Nutrition

Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Skills and definitions

Bridge hold and Claw Grip - safe cutting methods

Grating - making food smaller

Threading - pushing food on a skewer

Combining - mixing food together/stirring




Utensils - kitchen equipment

Hygiene - clean

Hydration -drinking plenty of fluids

Snipping - cutting into small pieces with scissors

Key Vocabulary

Baking tray	
Grater	
Measuring jug	
Tablespoon	
Weighing scales	
Sharp knife	
Scissors	