



Y6 Food Routes - Knowledge Organiser



What should I already know?

Weigh accurately, calculate ratio/proportion, demo and range of preparation & cooking techniques, use equipment safely be aware of food safety

Key Knowledge

- Understand 4 C's: chilling, cooking, cleaning & cross-contamination (raw meat/egg)
- Refine recipes including ingredients, method & cooking times and temperatures
- Understand about correct storage and handling of ingredients
- Learn the importance of nutrients & vitamins
- Helpful micro-organisms - yeast in baking bread
- Practical application of fractions & calculate ratios of ingredients
- Understand about different cultural, ethnic and moral attitudes to food
- Healthy eating - investigating sugar
- Use a board range of ingredients and a range of baking/cooking techniques

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, definitions and terminology

Creaming - combine sugar/fat to form a creamy paste

Folding - gently incorporate ingredients

Blanching - immersing veg in boiling water briefly

Portion/divide - create smaller parts (of equal size)

Ratio/proportion - scaling up and down a recipe

Chilling - cool in the fridge

Proving dough - allow dough to rise in warm place

Kneading dough - stretch dough until it is 'elastic'

Nutrients/vitamins - provide nourishment

Refined/unrefined sugar - variety of types

Key Vocabulary - utensils

Rolling Pin	
Cooling rack	
Oven gloves	
Fish slice	
Muffin tin	
Red chopping board (raw meat)	
Juicer	