



## Y4 Food Routes – Knowledge Organiser

### What should I already know?

Prepare ingredients hygienically, safe knife skills, weigh and measure ingredients, follow a recipe, healthy eating, Eatwell Guide

### Key Knowledge

- Food safety (cross-contamination)
- Controlling temperature (hob/oven)
- Understand how ingredients are grown/caught/reared/processed eg plants, mushrooms, fish
- Prepare and cook a variety of savoury foods using different cooking techniques
- Measure and weigh food accurately
- Use a variety of kitchen equipment and utensils safely
- Understand Eatwell Guide food groups
- Follow Recipe instructions

### 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

Coat - cover food with an ingredient

Shape - form/create shapes

Mash - make food smoother

Lemon juicer - squeeze juice from fruit

Blend - make food smaller and smoother

Assemble - layer/divide or spread food

Crush - make food smaller

Boil - high heat/ rapid bubbles. Simmer- lower heat, gentle bubbles

Fry - cook food in hot fat

### Key Vocabulary - utensils

Cutters



Sieve



Masher



Kettle



Garlic press



Electric blender

