



## Y5 Food Routes – Knowledge Organiser

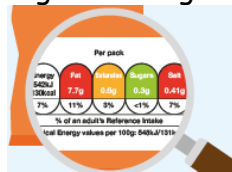


### What should I already know?

Weigh and measure ingredients accurately, use a sharp knife safely, different cooking methods, begin to control temperature, seasoning food

### Key Knowledge

- Assemble and cook ingredients in a main meal including scaling up and down and recipe
- Controlling temperature (hob/oven)
- Understand how ingredients are processed eg milk production
- Understand micro-organisms can be helpful and harmful
- Understand about food storage including Traffic



### Light System on packaging

- Harvest and prepare seasonal foods
- Learn how fibre and water aid digestion
- Cross-contamination using raw fish/egg

### 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

Peel & core - remove skin/core from fruit & veg

Seasonal - fruit & veg ripe and ready to eat

Season/spices - adding flavour to food

Juicer - extract juice from fruit

Rub-in - coat flour particles with fat

Layer - add different layers to a food dish

Blanching - immerse vegetables briefly in boiling water

Heat conductor - a material that conducts heat eg metal saucepan or frying pan

Storage - places where food is kept eg fridge, freezer

### Key Vocabulary - utensils

Measuring spoons	
colander	
saucepan	
Balloon whisk	
Baking tray	
Mixing bowl	
Spatula	