



## 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- food spoilage
- 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

All in one cake method – add all ingredients and mix well

Folding – gently incorporate ingredients

Par boil – part cook veg in boiling water

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	