



# Cycle A Summer Term Year 5/6 DT Knowledge Organiser – Cooking and Nutrition

## Key Vocabulary

ingredients, yeast, dough, bran, flour, wholemeal, unleavened, baking soda, spice, herbs fat, sugar, carbohydrate, protein, vitamins, nutrients, nutrition, healthy, varied, gluten, dairy, allergy, intolerance, savoury, source, seasonality, utensils, combine, fold, knead, stir, pour, mix, rubbing in, whisk, beat, roll out, shape, sprinkle, crumble design specification, innovative, research, evaluate, design brief.

## Glossary

adaptation	The process of changing something.
cook	To prepare food by heating it.
cross-contamination	When something harmful spreads from one food to another.
farm	To grow crops or keep animals as a business.
hygiene	Keeping things clean to prevent illness.
ingredients	The foods a recipe is made from.
label	Something that provides information about the product it is attached to.
nutrient	Substances that help living things stay healthy and grow.
nutritional value	The nutrients a food or recipe provides.
process	A series of actions.

## Learning Objectives:

- I can understand how ingredients are reared and processed.
- I can make adaptations to design a recipe.
  - I can evaluate nutritional content.
  - I can practise food preparation skills.
    - I can design a product label.
  - I can follow and make an adapted recipe.

Spaghetti Bolognese is a popular dish that can be adapted in many ways. Adapting and developing the recipe by adding, substituting and removing ingredients can ensure that it suits dietary needs and tastes.



## Hygiene:

- tie long hair back
- wear aprons
- cover cuts with blue plasters
- wash hands thoroughly with soap and dry with a paper towel!

## (Sticky) Knowledge & Skills that I need to remember

As a guide, we recommend this product provides: 3 servings

NUTRITION:	Typical values Per 100g	Per 1/3 can
Energy	342kJ 81kcal	302kJ 72kcal
Fat of which saturates	0.6g <0.1g	0.5g <0.1g
Carbohydrate of which sugars	12g <0.5g	10g <0.5g
Fibre	3.4g	3.0g
Protein	5.7g	5.0g
Salt	<0.01g	<0.01g

Nutritional value helps us understand how healthy a food is. Nutrition information on food labels can help us make better choices for our bodies by showing us the amounts of nutrients like fibre, protein and sugar.

**Cross-contamination** is when harmful bacteria from one food get onto another. To prevent it, use different coloured chopping boards for different types of food.

- Red - raw meat
- Blue - raw fish
- Yellow - cooked meat
- Green - salad and fruit
- Brown - root vegetables
- White - bakery and dairy

Farmers rear cows.	The cows are killed and the meat matures.	The meat is processed and packaged.	The food is transported to shops.	Customers buy beef products.	The food is consumed.

Taste testing	Juicing	Snipping	Grating	Mixing	Cutting	Measuring

Name \_\_\_\_\_



## DT Quiz – Spring - Food and Nutrition Year 5/6

- 1) Which meat comes from a cow?
  - a) Lamb.
  - b) Beef.
  - c) Chicken.
  - d) Pork.
- 2) What do we call the cooking instructions to make a dish?
  - a) Manual.
  - b) Plan.
  - c) Diagram.
  - d) Recipe.
- 3) A balanced diet consists of:
  - a) eating lots of small portions of any food across 12 hours.
  - b) Filling up on high salt and sugar items before main meals.
  - c) large amounts of the same food group.
  - d) measured amounts of different foods from the food groups.
- 4) What are the different coloured chopping boards for when cooking?
  - a) For decoration.
  - b) To match the colour of the food.
  - c) To prevent cross-contamination.
  - d) To sort by size of the food.
- 5) What is cross-contamination?
  - a) Food that is ripe and ready-to-eat.
  - b) More than one ingredient mixed together.
  - c) Harmful bacteria passing from one food to another.
  - d) Food that is rotten and no longer edible.
- 6) Cross-contamination happens when:
  - a) Foods decompose and rot.
  - b) Foods mix with raw meats or unclean objects.
  - c) You eat savoury with sweet food.
  - d) The date expires on food products.
- 7) A farm has land or water used to:
  - a) Host leisure events such as concerts.
  - b) Produce crops or raise animals for food.
  - c) Provide space for people to camp.
  - d) Process foods into cans and jars.
- 8) String is good for measuring a jar because:
  - a) It is more colourful.
  - b) You can tie it to your wrist so you do not lose it.
  - c) It is flexible and can be made to fit the jar.
  - d) It has centimetres marked on it.
- 9) Why would you not recommend a metal spoon for stirring on the hob?
  - a) It will melt.
  - b) It is too heavy.
  - c) It makes the food taste of metal.
  - d) It is a thermal conductor and will get hot.

Talk about the 'farm to fork' process.