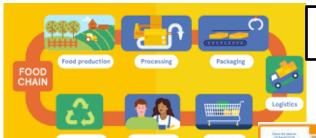
Year 5 Design and Technology Knowledge Organiser Autumn 2 Cooking: What could be healthier?





The 'farm to fork' food process

The 'eatwell guide' produced by the NHS.

	<u>Key Vocabulary</u>
Cross- contamination	Cross-contamination is how bacteria an spread.
Farm	Land or water used to produce crips or raise animals for food.
Packaging	A packet which holds a product safe, ready to be sold and has information about the product.
Research	The collecting of information
Welfare	Health and happiness of an animal or human.

P	 Where does meat come from? Beef comes from cattle. The food process journey of minced beef begins on farm, goes through a factory and ends up on plates. Cattle need to be reared properly to ensure good standards of animal welfare.
	 Eat well plates and food labels We can use the NHS 'eatwell guide' to see how much of each food group (dairy, fruits and vegetables, protein, carbohydrates, fats and sugar) we need to eat to ensure a healthy, balanced diet.
Residence	 Improving and adapting recipes Many foods have labels which tell you the amount of nutrients it has. Products need to have a mixture of different ingredients with different nutrients to ensure they are healthy.
P	 Cutting and Dicing The bridge and claw cut ensure safe slicing skills. Dicing is used to cut products into smaller chunks, allowing for a different texture.
	Cooking It is important to know how to avoid cross-contamination to keep the kitchen preparing and cooking different foods.
R OS	 Evaluating We can evaluate food through its taste, texture, smell and look. This is usually the job of food tasters or critics.

Knowledge



Food labels following the traffic light system.