

**Year 6 Design and Technology Knowledge Organiser Autumn 2**

**Cooking: Come Dine with Me**

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| **Knowledge** |
|  | **Exploring complimentary flavours*** There are five basic tastes: bitter, sweet, salt, umami (savoury) and sour
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|  | **Evaluating against nutritional value*** Nutritional value tells us how much fats (including saturated fats), sugar, salt and energy is in the food. This is on packaging, including that of ready meals.
* It is important to consider meals with low sugar, salts and fats
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|  | **Improving and adapting recipes*** Recipes can be adapted to improve their nutritional value and healthier alternatives can be used.
* They can be adapted to meet different dietary requirements
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|  | **Food preparation*** Different coloured boards and knives are used to avoid cross contamination between
* When chopping food, different safe techniques can be used
* It is important to wash hands between cutting different ingredients
* Foods can be chopped in different ways
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|  | **Cooking*** It is important to consider the different steps when cooking a full meal, including foods that will accompany it.
* Timings are important also.
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|  | **Evaluating*** We can evaluate food through its taste, texture, smell and look.
* This is usually the job of food tasters or critics.
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|  | **Key Vocabulary** |
| Accompaniment | A side dish that complements the main dish and enhances its taste flavour |
| Collaboration | Working together to achieve a finished product |
| Preparation | The process of handling, cleaning, cooking an preserving food to make it edible and safe |
| Processed | Food that is changed from its natural state |
| Flavour | The distinctive taste of a food or drink |



Food labels following the traffic light system.