

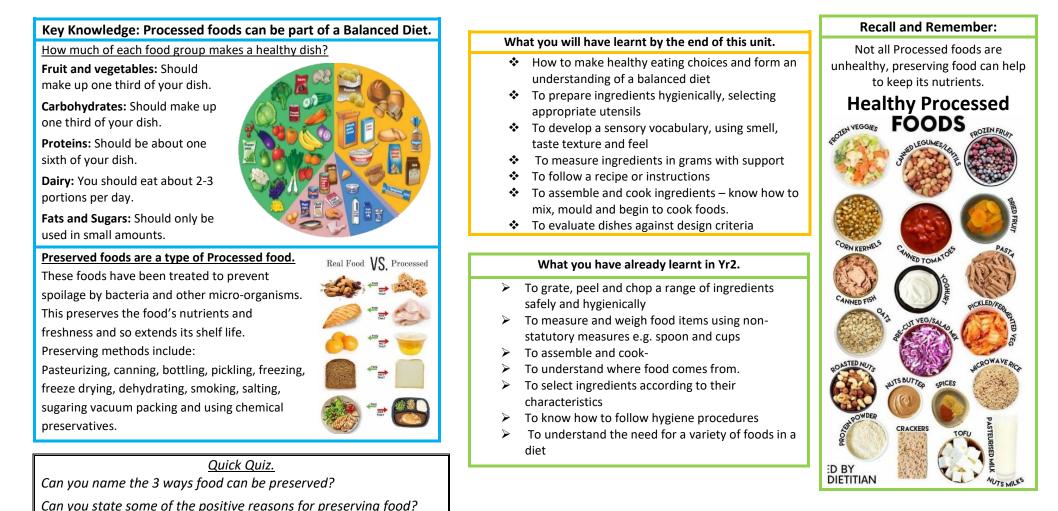
Can you name 5 examples of healthy processed food?

DT: Food Technology Knowledge Organiser – Processed & Preserved Food. Lower KS2: Yr3

Opportunities for teaching Diversity, Equality & Cultural Capital:

Visit the Fortune kipper smokery at 22 Henrietta Street to see how fish are smoked. Visit the Bothams factory at Enterprise Way to see how a variety of goods are made. Visit Trilos at Springhill to see how ice-cream & other dairy & frozen products are produced.





Key Food Technology Skills I will use.

Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

Slicing: cutting food using a knife.

Mixing: to blend ingredients together, using a spoon, blender, or whisk.

Weighing/measuring: to get the right amount of an ingredient, using scales, table/teaspoons

Grating: to peel a layer off something (like carrots or cheese) using a peeler or grater. **Serving**: making food look nice on the plate.









Key Vocabulary						
Processed foods	Foods that have been altered from their natural state for safety reasons or because it makes them easier to use, store or eat.					
Preserved foods	Foods have been treated to keep the food's nutrients & prevent spoilage by micro-organisms & so extend its shelf life.					
Micro-organisms	Living things such as bacteria & viruses that are too small to be seen with the naked eye; some of which are harmful to humans & can cause disease.					
Food groups	Groups in which different foods are placed according to the type of nourishment they supply,					
Carbohydrates	A nutrient essential for energy. Carbohydrates are sugars, starches & fibres found in, grains, (bread, pasta, cereals) vegetables such as potatoes, & root veg, fruit & milk products.					
Protein	A nutrient essential to building muscle mass. It is commonly found in animal products, but is also present in nuts & legumes					
Fat	A dense energy supply & a source of essential fatty acids, which the body cannot make itself.					
Dairy	Milk & food that is made from milk – they contain the 3 main food groups.					
Ingredients	Foods that are combined to make a particular dish.					

Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

Baking: to cook food in a heated oven.
Boiling: to cook food in boiling hot water.
You can tell it is boiling (100°C) when it bubbles.
Frying: to cook food in a pan of heated oil.
Grilling: to cook food by putting it under a hot grill (like a radiator in a cooker).



My skills and Knowledge that I may use from other subjects.

- Know that materials change state when heated/cooled and that high temperatures kill micro-organisms – Science.
- Know that humans, need the right types and amount of nutrition, and that they cannot make their own food; they get their nutrition from what they eat – Science.
- > Use weighing and measuring skills in real contexts Maths.

What you will have you learnt by the end of LKS2.

To follow a step-by-step recipe choosing the right equipment and materials.				
To design a food product and make sure that it looks attractive.				
To select the most appropriate tools and techniques for a given task.				
To work accurately to measure and weigh out ingredients.				
To name the 5 different food groups.				
To understand why a food may be considered unhealthy				
To cook a variety of simple dishes.				
To describe how food ingredients come together.				
To explain some different cooking methods.				
To know how to be hygienic and safe when using food.				

Always remember the Health & Safety Rules.

Remove any jewellery	Wear an apron	Wash your hands	Washing your hands	Use different chopping	Use a food	Check the dates on	Make sure that
and tie back long	and roll up your	with hot water and	should be done	boards and knives for raw	thermometer to	food, and check for	you clean up
hair. Ideally, wear a	sleeves. Tie your	antibacterial soap, for	before, during and	meat & other foods. This	check that food is	allergies & diet e.g.	properly after
hair net.	apron securely.	at least 20 seconds.	after preparing food.	stops bacteria spreading.	cooked through.	vegetarian, vegan.	yourself.

