



## DT: Food Technology Knowledge Organiser – Fit for Royalty. Upper KS2: Yr6

### Opportunities for teaching Diversity, Equality & Cultural Capital:

Visit a farm to explore what is produced locally. Find out what crops are grown and how they are harvested. Learn which animals are reared and why.

Ask a local chef to visit or take a trip out to a restaurant kitchen to watch a chef.

(eg Raithwaite Hall, Toby Carvery on Marton Road)



### Key Knowledge: Food Groups and a Healthy and Varied Diet

In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for us.

**Fruit and vegetables** – Eat lots! About 5 portions per day.  
Good for vitamins, minerals and fibre.  
Fresh, tinned and frozen all count.

**Carbohydrates** – Eat plenty! Include in every meal.  
Good for energy (carbohydrates), vitamins, minerals and fibre.

**Proteins** – You should eat about 2-3 portions per day.  
Good for muscle-building (protein), vitamins and minerals.

**Dairy** – You should eat about 2-3 portions per day.  
Good for muscle-building protein, vitamins and minerals.

**Fats and Sugars** – Only eat occasionally and in small amounts.  
Good for energy and fat reserves in. Cut down on saturated fats from animal products and use plant oils instead. Try not to eat processed foods that contain high levels of fat and sugar.

Could you create a weekly food plan, incorporating a healthy and varied diet of foods across each day and over the whole week?

### What you will have learnt by the end of this unit.

- ❖ To produce detailed recipes or meal plans which have developed through a range of ideas
- ❖ To safely use a range of equipment showing an understanding of cooking techniques
- ❖ To work with a variety of ingredients showing awareness of their nutritional properties and aesthetic qualities

### What you have already learnt in Yr5.

- To select suitable equipment for the preparation of a variety of foods
- To choose appropriate cooking methods for different foods
- To select from a wide range of ingredients based on their nutritional and aesthetic qualities
- To investigate and analyse a range of existing food products

### Recall and Remember:

It is important to know that foods are grown, raised and caught more easily during certain seasons. This is called seasonality.

**Grown:** In order for us to get cucumbers, we need to grow a cucumber plant. Cucumbers grow on the vines of cucumber plants. In the UK, the cucumber season is between March and June, when they grow most naturally in the seasonal conditions.

**Raised:** To get meat, we need to raise animals such as cattle, lamb/sheep, pigs and poultry.

Cows are also farmed for their milk which can be made into many dairy products

Eggs are laid by female chickens. In order to be sustainable, we need to know that most chicks are born in the spring/ summer seasons.



**Caught:** In order for us to get fish such as tuna, we need to farm or catch the fish. There are also seasonal changes for caught food, as animals can migrate. E.g. a lot of tuna is caught between November-May in the Pacific off San Francisco.

### Quick Quiz.

Can you name and define the five main food groups?

Can you describe at least 3 different cooking methods?

Can you explain how to store fresh meat, fish and dairy products?

## 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.

**Adding/ substituting:** changing the taste of food by adding or replacing ingredients.

**Serving:** making food look nice on the plate.



### 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 (100°C) water.

**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).

**Griddling:** to cook on a flat iron plate called a griddle.

**Steaming:** to cook using steam, normally from boiled water.

**Poaching:** to cook by simmering in a small amount of liquid.



### Key Vocabulary

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.
Imports	Food we buy from other countries
Exports	Food grown or produced in the UK & sold to other countries
Seasonality	The time of year when a given type food is at its peak, either in terms of harvest or flavour, usually the time it is cheapest.
Sustainability	Sustainable food production means working alongside nature to develop systems that are good for the environment, rather than using technology to produce artificial light and heat

### My skills and Knowledge that I may use from other subjects - Science

- Know and demonstrate that dissolving, mixing and changes of state are reversible.
- Recognise the impact of diet, exercise, drugs and lifestyle on the way their body's function.

### What you will have learnt by the end of UKS2.

- To suggest a range of ideas after collecting information from different sources.
- To know which season various foods are available for harvesting.
- To know how to prepare a meal by collecting the ingredients.
- To produce a detailed, step-by-step recipe or meal plan.
- To understand the difference between a savoury and sweet dish.
- To use a range of tools and equipment competently.
- To be both hygienic and safe in the kitchen.
- To explain how food ingredients should be stored and give reasons.
- To explain how a product will appeal to a specific audience.
- To work within a budget to create a meal.

### *Always remember the Health & Safety Rules.*

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