

### PROCESSED FOODS EXPLAINED

**UNPROCESSED**  
Food as it would be found in nature. These foods are generally highest in nutrients and fiber.

**PROCESSED**  
Food that is canned, frozen, trimmed, or preserved. These foods still contain essential nutrients. Be careful of added sugar, fat, and salt.

**ULTRA-PROCESSED**  
Food which contain few nutrients and fiber. These foods are usually sourced from corn, soy, or wheat with added fat and. Many packaged foods fall into this category.

## 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 Knowledge: Processed foods can be part of a Balanced Diet.

How much of each food group makes a healthy dish?

**Fruit and vegetables:** Should make up one third of your dish.

**Carbohydrates:** Should make up one third of your dish.

**Proteins:** Should be about one sixth of your dish.

**Dairy:** You should eat about 2-3 portions per day.

**Fats and Sugars:** Should only be used in small amounts.

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

- ❖ How to make healthy eating choices and form an understanding of a balanced diet
- ❖ To prepare ingredients hygienically, selecting appropriate utensils
- ❖ To develop a sensory vocabulary, using smell, taste texture and feel
- ❖ To measure ingredients in grams with support
- ❖ To follow a recipe or instructions
- ❖ To assemble and cook ingredients – know how to mix, mould and begin to cook foods.
- ❖ To evaluate dishes against design criteria

### Recall and Remember:

Not all Processed foods are unhealthy, preserving food can help to keep its nutrients.

## Healthy Processed FOODS

BY DIETITIAN

### What you have already learnt in Yr2.

- To grate, peel and chop a range of ingredients safely and hygienically
- To measure and weigh food items using non-statutory measures e.g. spoon and cups
- To assemble and cook-
- To understand where food comes from.
- To select ingredients according to their characteristics
- To know how to follow hygiene procedures
- To understand the need for a variety of foods in a diet

### Preserved foods are a type of Processed food.

These foods have been treated to prevent spoilage by bacteria and other micro-organisms. This preserves the food's nutrients and freshness and so extends its shelf life. Preserving methods include: Pasteurizing, canning, bottling, pickling, freezing, freeze drying, dehydrating, smoking, salting, sugaring vacuum packing and using chemical preservatives.

Real Food VS. Processed

**Quick Quiz.**

Can you name the 3 ways food can be preserved?

Can you state some of the positive reasons for preserving food?

Can you name 5 examples of healthy processed food?

## 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.



### 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).



### Key Vocabulary

<b>Processed foods</b>	Foods that have been altered from their natural state for safety reasons or because it makes them easier to use, store or eat.
<b>Preserved foods</b>	Foods have been treated to keep the food's nutrients & prevent spoilage by micro-organisms & so extend its shelf life.
<b>Micro-organisms</b>	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.
<b>Food groups</b>	Groups in which different foods are placed according to the type of nourishment they supply,
<b>Carbohydrates</b>	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.
<b>Protein</b>	A nutrient essential to building muscle mass. It is commonly found in animal products, but is also present in nuts & legumes
<b>Fat</b>	A dense energy supply & a source of essential fatty acids, which the body cannot make itself.
<b>Dairy</b>	Milk & food that is made from milk – they contain the 3 main food groups.
<b>Ingredients</b>	Foods that are combined to make a particular dish.

### 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.*

<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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