

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: Yr4

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.

- ❖ To prepare ingredients hygienically using appropriate utensils
- ❖ To follow a recipe
- ❖ To assemble or cook ingredients – e.g. beating rubbing in
- ❖ To measure and weigh ingredients
- ❖ To make healthy eating choices from an understanding of a balanced diet
- ❖ To evaluate ideas dishes against design criteria to make improvements

What you have already learnt in Yr3.

- 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

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

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.

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 & 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 & diet e.g. vegetarian, vegan.</i>	<i>Make sure that you clean up properly after yourself.</i>
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