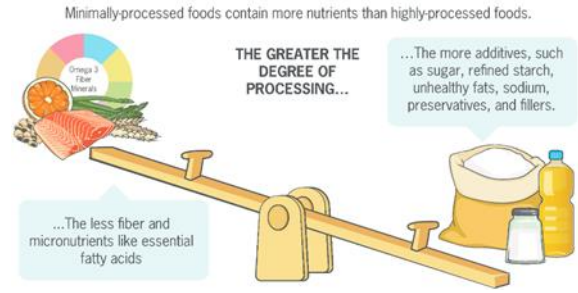




# DT: Food Technology Knowledge Organiser – Processed and Preserved Food. Upper KS2: Yr5

**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.

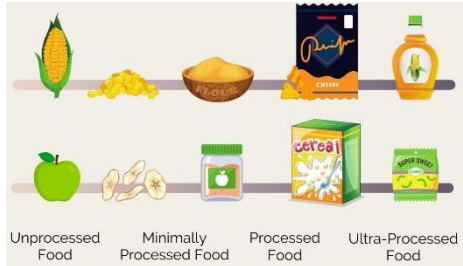


## Key Knowledge: Processed foods in a Healthy Balanced Diet.

In order to stay healthy, we need to eat a balanced diet of foods from each of the five food groups.

- Fruit and vegetables:** Good for vitamins, minerals and fibre.
- Carbohydrates:** Good for energy, vitamins, minerals and fibre.
- Proteins:** Good for muscle-building, vitamins and minerals.
- Dairy:** Good for muscle-building protein, vitamins and minerals.
- Fats and Sugars:** Good for energy but only needed in small amounts.

**Processed foods** are 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** are a type of processed food.

- Preserving food has many benefits:
- \* Preventing food from spoiling before it can be used, due to bacteria or other micro-organisms, so reducing food waste.
  - \* Increasing the shelf-life and supply of fresh and seasonal foods.
  - \* Adding variety to the diet by making different foods available throughout the year and in different areas.
  - \* Being environmentally friendly by reducing food packaging.

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

- ❖ To taste a range of ingredients and food items to develop a sensory vocabulary for use when designing
- ❖ To select from a wide range of ingredients based on their nutritional and aesthetic qualities
- ❖ To measure and weigh accurately using scales
- ❖ To cut and shape ingredients using appropriate tools and equipment
- ❖ To begin to use hobs to heat food with appropriate supervision
- ❖ To cook savoury dishes using a range of cooking techniques

## What you have already learnt in Yr4.





- 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

Quick Quiz.

Can you explain 3 benefits of preserving food?  
 Can you name 5 methods of preserving food?  
 Can you explain the difference between minimally processed and ultra-processed foods?

## Recall and Remember:

There are many types of processed food and it isn't the processing that makes some foods bad for you it's the ingredients used in those products.

Unprocessed or minimally processed foods	Processed culinary ingredients
Foods which did not undergo processing or underwent minimal processing techniques, such as fractionating, grinding, pasteurization and others. 	These are obtained from minimally processed foods and used to season, cook and create culinary dishes. 
Legumes, vegetables, fruits, starchy roots and tubers, grains, nuts, beef, eggs, chicken, milk	Salt, sugar, vegetable oils, butter and other fats.
Processed foods	Ultra-processed foods
These are unprocessed or minimally processed foods or culinary dishes which have been added processed culinary ingredients. They are necessarily industrialized. 	These are food products derived from foods or parts of foods, being added cosmetic food additives not used in culinary. 
Bottled vegetables or meat in salt solution, fruits in syrup or candied, bread, cheeses, purees or pastes.	Breast milk substitutes, infant formulas, cookies, ice cream, shakes, ready-to-eat meals, soft drinks and other sugary drinks, hamburgers, nuggets.

## Key Food Technology Skills I will use.

**Preparing Processes:** The different ways that we get food ready to be cooked or 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:** 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

<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, 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>Composite food</b>	A dish made with ingredients from more than one food group.

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

- Know and demonstrate that dissolving, mixing and changes of state are reversible – Science.
- Understand the link between micro-organisms and food spoilage – Science.
- Understand the need for processing and preserving food for food sustainability – Geography & Citizenship.

### 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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