



DT: Food Technology Knowledge Organiser – Seasonal Food. Upper KS2: Yr5

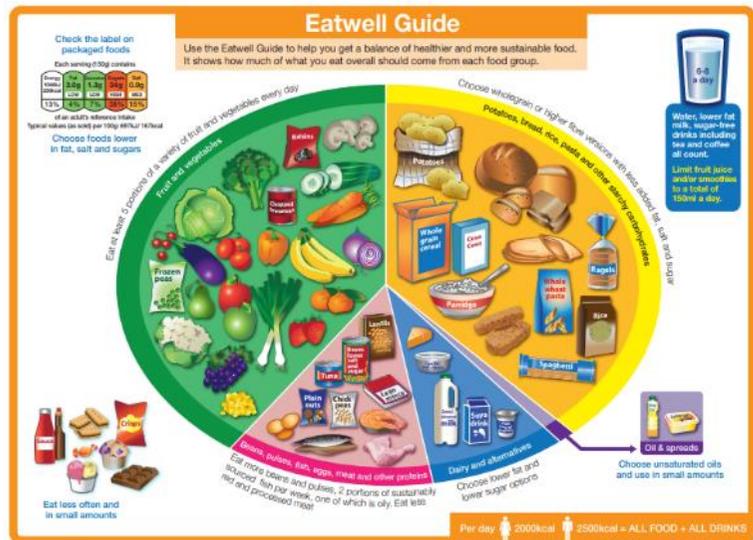
Opportunities for teaching Diversity, Equality & Cultural Capital:

Visit the Whitby & District Fishing Industry Training School or get a representative to come to school and speak to the children. Visit the fish quay & local fresh fish shops. Visit a local farm and farm shops to see which foods are in season at the moment and find out what can be made with the seasonal produce.

All the food we eat has to be grown, reared or caught.		
<p style="text-align: center; font-weight: bold;">Plants are grown.</p>  	<p style="text-align: center; font-weight: bold;">Animals are reared.</p>  	<p style="text-align: center; font-weight: bold;">Fish and shellfish are caught.</p>  

Key Knowledge: Food Groups - Eating a Healthy Seasonal 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.

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

Recall and Remember:

All foods are grown, harvested, raised or caught during certain seasons.

This is called seasonality.

<p style="text-align: center; font-weight: bold;">Dairy cow</p>  <p>Dairy cows eat grass during the summer and silage in the winter. Cows are milked 2-3 times a day. The milk they produce can be made into cheese, yogurt and butter.</p>	<p style="text-align: center; font-weight: bold;">Beef cattle</p>  <p>Beef cattle are reared by farmers for meat. Beef is from cattle and is used in a wide range of meals and dishes.</p>
<p style="text-align: center; font-weight: bold;">Sheep</p>  <p>Sheep are mostly kept to produce meat and some for their milk. Lamb is from sheep and is used in many dishes.</p>	<p style="text-align: center; font-weight: bold;">Pigs</p>  <p>Pigs are kept for meat, called pork. Pork is used to make ham and sausages, and lots of other dishes.</p>
<p style="text-align: center; font-weight: bold;">Chicken</p>  <p>Chickens are reared for their meat and eggs. Chicken and eggs are used in many dishes and meals.</p>	<p style="text-align: center; font-weight: bold;">Fish</p>  <p>Fish is either farmed or caught wild. Lots of dishes and meals can be made with fish.</p>

Some food has labels that tell us more about the animals' welfare or how the food was grown. The Red Tractor Logo shows that farmers look after their animals and produce food safely.



Quick Quiz.

- Can you explain how to handle raw meat and fish?
- Can you explain why it is important to include protein in our diets?
- Can you name 2 sources of non-animal protein?

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

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
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.
Composite food	A dish made with ingredients from more than one food group.

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

- Describe how living things are classified into broad groups according to observable characteristics
- Know and demonstrate that dissolving, mixing and changes of state are reversible.

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 & 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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