

Year 5	DT	<u>Cooking and Nutrition:</u> <u>Celebrating Culture and Seasonality</u>	Knowledge Organiser
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Different ways of preparing ingredients	
	
Combining by hand	Mixing with a spoon
	
Cutting using the bridge hold	Cutting using the claw grip

Health and Safety					
Jewellery is removed	Hair is tied back	Sleeves are rolled up	Aprons are on	Hands are washed	Cuts are covered with blue water-proof dressing

Vocabulary	
spice	a vegetable substance with a particular smell or taste used to flavour food
herbs	aromatic plants used to flavour food
fat	a natural oily substance occurring in animal bodies
sugar	a sweet substance obtained from various plants
carbohydrate	a nutrient found in food. Carbohydrates provide energy. Sugars, starches and fibre are carbohydrates
protein	a nutrient that is essential to building muscle mass
vitamins	components needed for health and growth that are not already found in the human body
nutrients	a substance that provides nourishment essential for the maintenance of life and for growth
healthy	in a good physical or mental condition
varied	containing a lot of different components
savoury	not sweet, usually salty
culture	the ideas, customs, and social behaviour of a particular people or society