

Import: to bring items into the country for sale.

Export: to send food to another country for sale.

Seasonal food: fruit and vegetables that are ripe and ready in a particular season.

Processed food: altered during preparation, whether by freezing, canning, baking or drying.

Year 5

DT Knowledge Organiser

Food - Greek Salad



Kneading: Flexible dough formed. Stretch it away from you with the heel or knuckles of one hand and fold it back over the top towards you. Repeat.

Greek Salad



- Chopped tomatoes
- Sliced cucumber
- Sliced green peppers
- Sliced red onion
- Chopped mint
- Feta cheese
- Olives

Pitta Bread

- Yeast
- Strong bread flour
- Salt
- Olive oil



Claw technique: Shape the fingers of one hand into a claw shape, tucking the thumb inside the fingers.

Bridge technique: fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge.



Fruit and vegetables
Eat at least five portions every day.

Foods high fat, salt and sugar
This type of food is not needed to be healthy. If eaten, have less often and in small amounts.

Beans, pulses, fish, eggs, meat and other protein
Eat some foods every day.



Hydration
Water and lower fat milk are healthier drink choices. A max of 150ml of juice or smoothie a day.

Potatoes, bread, rice, pasta or other starchy carbohydrates
Eat a food from this group at every meal. Go for wholegrain varieties.

Oils and spreads
Eat in small amounts.

Dairy and alternatives
Have some of these foods every day, e.g. a pot of yogurt and a cheese sandwich.

Safety in cooking

- Before preparing food you must wash your hand and ensure surfaces and equipment is clean.
- Food needs to be stored properly to avoid food spoilage.
- Tie long hair back
- Wear an apron
- Use different chopping boards for meat and vegetables to avoid cross contamination.

