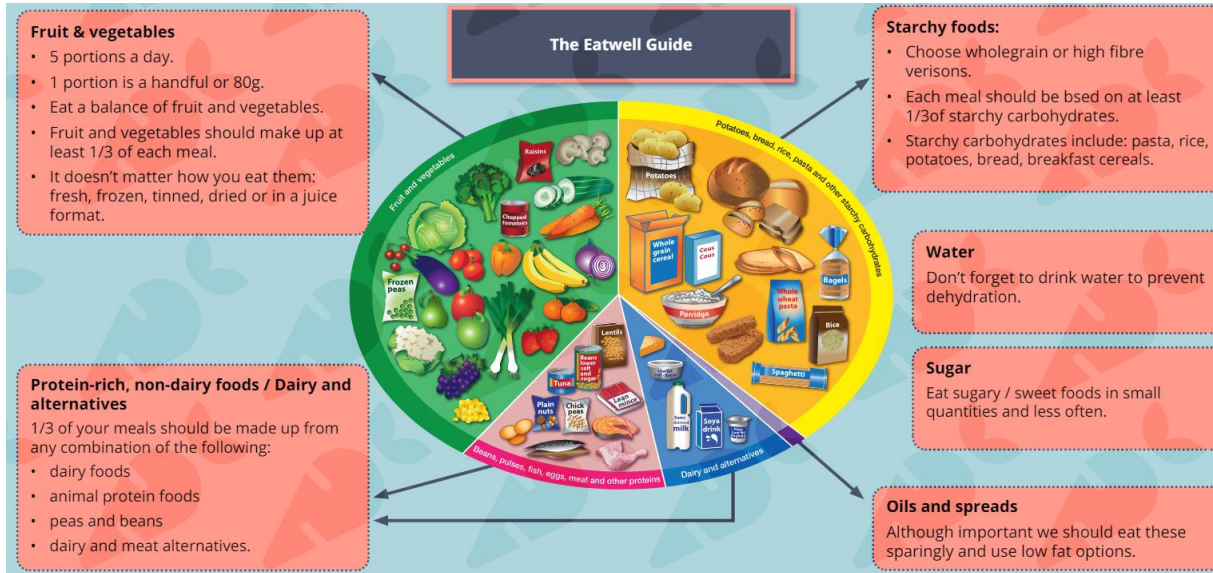


Year 3 Knowledge Organiser. DT: Food Technology.



Key Vocabulary	
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.
Sweet	Food that has a pleasant taste characteristic of sugar or honey.
Sour	Food that has an acid taste like lemon or vinegar.
Savoury	Food that is salty or spicy
Ingredients	Foods that are combined to make a particular dish.



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).



Always remember the Health & Safety Rules.

Remove any jewellery and tie back long hair. Ideally, wear a hair net.	Wear an apron and roll up your sleeves. Tie your apron securely.	Wash your hands with hot water and antibacterial soap, for at least 20 seconds.	Washing your hands should be done before, during and after preparing food.	Use different chopping boards and knives for raw meat & other foods. This stops bacteria spreading.	Use a food thermometer to check that food is cooked through.	Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan.	Make sure that you clean up properly after yourself.
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Here in the UK we **import** many different types of food from other countries. We also **export** food such as chocolate, cheese and breakfast cereal to other countries.

Bridge hold



Claw grip



Grown, Raised, Caught

Food comes from plants and animals; to get food, we need to grow it, raise it, or catch it.

To get meat, we need to raise animals. Beef is the meat we get from cattle, lamb and mutton from sheep, pork and ham from pigs. We also get meat from chicken and other birds.

To get eggs, we need to raise chickens. Eggs are laid by female chickens.



Cheese and other dairy products are made from milk collected from cows.

To get fruit, vegetables, grain, nuts and seeds we need to grow and harvest the plants.

To get any type of fish, we need to either catch or farm the fish.