

Year 5 - DT Knowledge Organiser

Cooking and Nutrition

Anglo Saxon Recipe - Medieval Pottage Stew



What I remember...

How to use a Y shaped peeler safely to peel fruit and vegetables.

A balanced diet is made up of the five main food groups - carbohydrates, protein, fruit and vegetables, dairy, fats and sugars.

Design...



Heston Blumenthal

British celebrity Chef, TV personality and food writer. Heston is famously quirky and experimental! He is Michelin starred - a title given to a restaurant for excellent quality.



Key Vocabulary...

Pottage - A thick soup containing vegetables and often meat.

Nutrients - Substances in food that our bodies process to live and grow.

Fibre - A substance in certain foods, such as fruit and vegetables that travels through the body as waste and keeps the digestive system healthy.

Reared - Breed and care for animals.

Harvest - The process or period of gathering crops.

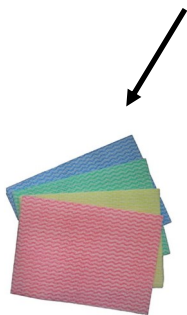
Seasonality - The time of year when food is at its best in terms of flavor and harvest.

Cross-Contamination - When bacteria is transferred from one substance to another.

Claw Grip - Curling your fingers together into a claw shape to grip food to cut.

Health and Safety...

Different cleaning cloths need to be used for different surfaces - raw meat, eggs and soil can contain harmful bacteria. This is to avoid **cross-contamination**.



Remember...

Oven gloves should be worn when removing items from an oven. Saucepans should point inwards on a hob.



Key Skills...

Use the 'Claw Grip' to chop and slice vegetables.



Use millilitres (ml) and grams (g) to accurately weigh and measure ingredients.



Key Knowledge...

All of the food that we eat has to be grown, reared or caught.

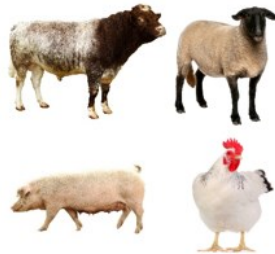
Plants are grown.



Nutrients are carbohydrate, protein, fat, vitamins and minerals. To get the right nutrients, we should try to eat a healthy diet - a variety of food from the different food groups.



Animals are reared.



Fibre keeps the gut healthy.



Food and drink contains **nutrients**, water and fibre that we need for good health.

Fish and shellfish are caught.



We need water to stay alive.



Spring
(March, April, May)



Summer
(June, July, August)



Winter
(December, January, February)



Seasons are different in different places. Therefore, foods are in season in different places at different times of the year.

Some of the food we eat is seasonal in the UK. Different food types are grown and are at their best in terms of flavour and are at their best in terms of flavour or **harvest** at different times of the year. This is called **seasonality**.



Autumn
(September, October, November)



In the northern hemisphere, spring takes place between March and May. In the southern hemisphere, spring is September to November.

