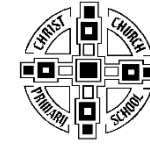




D&T Knowledge Organiser – Year 1- Fruit salad



Preparing and Cooking Process

Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

- Mixing:** to blend ingredients together, using a spoon, blender, or whisk.
- Weighing/measuring:** to get the right amount of an ingredient, using scales, tablespoons, or teaspoons.



Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

- Baking:** to cook food in a heated oven. Make sure that you select the right temperature!
- Grilling:** to cook food by putting it under a hot grill (like a radiator in a cooker).



Where food comes from

Food Sources

A food source is the place where a food comes from;

Food comes from plants and animals.

It is important to know exactly where our food comes from, e.g.

Pork, bacon and most sausages come from pigs.



Eggs and chicken come from hens/chicken.

Tomato sauce and puree is made from tomatoes



Chips, wedges and fries come from potatoes.

Milk, butter, cheese and beef come from cows.

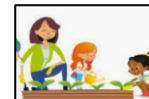
Fruit and vegetables come from different types of plants

From Source to Plate

-In order for us to get food, we need to grow it, raise it, or catch it.

- Grow it** – We can grow fruit plants and vegetable trees;
- Raise it** – We can raise animals for meat and eggs.
- Catch it** – We can catch fish from the sea, or forage fruits and vegetables from wild plants.

Try to find out about how a food product, like bread, goes from its source to your plate!



Key Vocabulary

Food

Nutrition

Equipment

Ingredients

Recipe

Food Group

Balanced Diet

Food Source

Mixing

Weighing

Baking

Grilling

Health & Safety

A Healthy and Varied Diet

Food groups- there are five main food groups:

- Fruit and vegetables:** e.g. apples, tomatoes, lettuce
They contain vitamins and minerals.
- Carbohydrates:** e.g. starchy foods like bread and pasta. They give us lots of energy!
- Proteins:** e.g. beans, fish, eggs, meat. They help us to build muscle.
- Dairy:** e.g. milk, butter, cheese. They contain calcium for our bones.
- Fats and Sugars:** Add fat storage for energy.



Varied Diet-

- In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.
- We should aim to eat 5 portions of fruit and veg per day.
- To build strong bones and muscles, we should eat enough proteins and dairy.
- Try to avoid eating too many fatty or sugary foods. They can make you unhealthy and can damage your teeth.



Food from around the World

The foods we eat can come from all over the world. Below are examples of where your food may come from.

USA: Wheat

Colombia: Cocoa for chocolate



Italy: Pasta

China: Bananas

India: Herbs and Spices

Many foods are also made in the UK!

- Farms up and down the country grow fruit and vegetables and raise animals for meat and dairy.
- Wild plant and animal food can be found in the countryside.



Health and Safety

Remove any jewellery and tie back long hair.	Wear an apron and roll up your sleeves.	Walk safely and calmly around the classroom/workshop.	Keep your work area and floor area clear – keep your belongings well clear.	Follow the teacher's cutting instructions carefully.	Make sure that you are wearing the correct equipment for tasks.	If you need to move around with scissors, hold around the closed blades, facing down	Report all spillages & clean up properly after yourself.
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