



Year 5 - Autumn - Design & Technology Knowledge Organiser Cooking

What I already know...

- Knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet.
- How to use appropriate equipment and utensils, and apply a range of techniques for measuring, preparing and combining ingredients.
- To slice food safely using the bridge or claw grip.
- To know and use technical and sensory vocabulary relevant to the project.

What I will learn...

Making Burritos!

- How to plan, prepare and cook predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed
- How to accurately measure ingredients and that accurate measuring is important as the quantities of ingredients affect the taste and texture of the recipe.

Food hygiene rules:

Wash hands and remove watches, tie hair back, roll sleeves up, put apron on, wash surfaces before and after use.

Key Vocabulary

Finishing	Related to the appearance of the product, shape, decoration and colour
Rubbing in	Rubbing the dry ingredients together with the fat, lifting to put air into the mixture so that it resembles fine bread crumbs
Knead	Pulling and squeezing dough to make it smooth
Bran	The hard, protective shell of a grain of wheat
Dough	A mixture of flour, yeast and water before it is cooked
Germ	Part of the seed where the root and shoots grow from
Yeast	A tiny plant which makes bubbles of carbon dioxide when mixed with flour and warm water
Unleavened bread	Flat bread where yeast has not been added



Making a difference at The Merton

The children will be taught how to use two main chopping techniques as they plan and prepare a savoury dish. Children will immerse themselves in the varying 'flavours' of America as they research and design their own dish. The aim of these sessions is to develop their cooking techniques and skills whilst encouraging discussions around healthy eating and the impact this can have on our physical and mental health. During lessons, children will work collaboratively, make compromises and decisions as they plan and prepare their dishes.

Making a difference at home

Why not use the knowledge and skills you have learnt in school by helping to prepare a savoury meal at home?

Enjoy savoury dishes you may have never thought of trying before—can you work out the key ingredients in any of the dishes?

Enjoy a cooking show such as GBBO or Masterchef to see these skills in action!