

Year 6 Bake off Knowledge Organiser

Key Skill

- ◇ Adapt recipes to change the taste, texture, aroma and appearance.
- ◇ Adapt recipes based on needs of user.
- ◇ To use finishing techniques to present food in an appealing way.
- ◇ To prepare food, safely and hygienically using a range of cooking

Sticky Knowledge

- ◇ To understand how different ingredients affect taste and texture of food.
- ◇ To understand and discuss how food is grown and the impacts on fair trade.
- ◇ To understand how the cost of ingredients affect how foods are produced and marketed on a larger scale.
- ◇ To understand how and why food has changed over time.

Key vocabulary

Vegan	a person who does not eat any food made from animals and
Gluten	a mixture of two proteins present in cereal grains, especially
Dairy	containing or made from milk.
Dietary	A regulated or restricted diet.
Adapt	make (something) suitable for a new use or purpose; modify.
Rise	The process in which dough expands as a result of the carbon dioxide that is produced by the yeast or other leavening agent in the dough
Texture	the feel, appearance, or consistency of a surface or sub-
Alternative	(of one or more things) available as another possibility or



Top Chef

Ella Woodward is founder and creator of Deliciously Ella. Deliciously Ella is a plant-based food & wellness platform sharing delicious ways to feel better. Starting from a recipe website, the business has evolved into a restaurant, a range of plant-based food products, an app, a collection of bestselling recipe books, a podcast,

Year 5 Greek Picnic Knowledge Organiser

Key Skills

- ◇ Know how to cook and prepare both sweet and savoury dishes safely and hygienically without using a heat source using techniques such as; cutting, peeling and grating, mixing, spreading, kneading and baking .

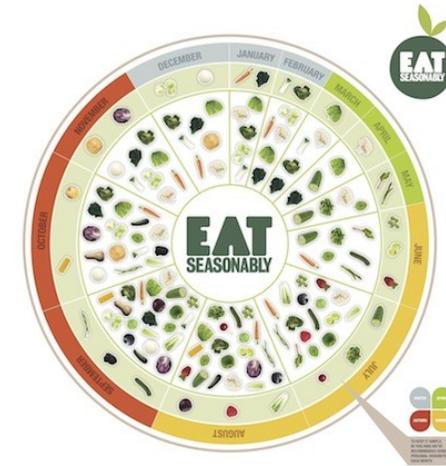
Sticky Knowledge

- ◇ Begin to understand that seasons and weather effect food availability.
- ◇ Recognise that a healthy diet is made up of a variety of balanced foods and drinks.
- ◇ Knows that to be active and healthy food is needed for energy for the body.

Key vocabulary

Sweet	Having the pleasant taste characteristic of sugar or honey; not salt, sour, or bitter.
Savoury	Food belonging to the category that is salty or spicy rather than sweet.
Seasonality	Seasonality of food <i>refers to the times of year when a given type food is at its peak, either in terms of harvest or its flavour.</i>
Healthy diet	Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy.
Flavour	The distinctive taste of a food or drink.
Presentation	Modifying, processing, arranging, or decorating food to enhance its aesthetic appeal.

THE EAT SEASONABLY CALENDAR



Top Chef

Georgios Evlampios (Akis) Petretzikis (born 4 March 1984) is a Greek celebrity chef. Born and raised in Thessaloniki . Petretzikis is the CEO of Akis Petretzikis Ltd - a company that publishes cooking magazines and books, produces cooking shows, runs restaurants and an e-shop with various gifts and kitchen products, designed by himself.

Year 4 Fair trade cooking Knowledge Organiser

Key Skills

- ◇ To prepare food hygienically and safely.
- ◇ To use techniques such as; cutting, peeling, grating, spreading, kneading and baking.
- ◇ To use accurate vocabulary to describe product and making process.
- ◇ To develop their own success criteria.

Sticky Knowledge

- ◇ To recognise that food comes from plants and animals.
- ◇ To recognise that food is grown, farmed, imported or caught elsewhere both internationally and internationally.
- ◇ To consider views of others including intended users.
- ◇ To understand that fair trade is important to maintain sustainable farming and fair prices for producers.

Fair trade	trade between companies in developed countries and producers in developing countries in which fair prices are paid to the producers.
Mixing	combine or put together to form one substance.
Cutting	the action of cutting something.
Baking	cook (food) by dry heat without direct exposure to a flame, typically in an oven.
International	existing, occurring, or carried on between nations.
Sustainable	able to be maintained at a certain rate or level.
Farmed	grown commercially, especially as opposed to living in the wild.



Top Chef

Melissa Hemsley is a cook, author and champion of sustainable, nourishing food.

Melissa is a proud supporter and volunteer for the food waste charity The Felix Project, FairtradeUK, Melissa champions fuss-free, big-flavoured food and shows how anyone can enjoy cooking affordable, healthy recipes.

Year 3 Foods around the world Knowledge Organiser

Key Skills

- ◇ Prepare dishes safely and hygienically
- ◇ Prepare dishes with and without using a heat source.
- ◇ Use techniques such as; cutting, peeling and grating, mixing, spreading, and baking.

Sticky Knowledge

- ◇ Recognise that a healthy diet is made up of a variety of balanced foods and drinks.
- ◇ Know that to be active and healthy food is needed for energy for the body.
- ◇ Recognise that food comes from plants or animals. Food is grown, farmed, imported or caught elsewhere, regionally and internationally .

Key vocabulary

Active	engaging or ready to engage in physically energetic pursuits.
Healthy	in a good physical or mental condition
Balanced diet	a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health
Internationally	in, between, or among many different nations
Imported	(of goods or services) brought into a country from abroad for sale
Regionally	regional trade agreement (RTA) is a treaty between two or more governments .
Infused	soak (tea, herbs, etc.) in liquid to extract the flavour .



Top Chefs

Howard is a food writer and presenter from Sheffield, who first caught the public's attention on series four of *The Great British Bake Off*, going on to win their affection with his quirky style and love of unusual ingredients. He now demonstrates his creative approach to gluten-free baking at numerous food festivals and shows and by teaching baking classes around the country .

Year 2 Bread Knowledge Organiser

Key Skills

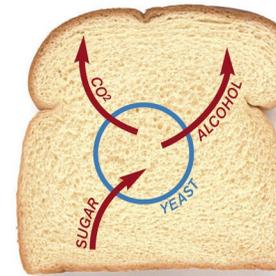
- ◇ To know how to cook and prepare savoury dishes safely and hygienically.
- ◇ To prepare simple dishes using simple techniques such as kneading, cutting and mixing.

Sticky Knowledge

- ◇ Name and sort foods into 5 groups 'eat well plate'
- ◇ Recognise that food comes from plants or animals. Food is grown, farmed, imported or caught elsewhere, regionally and internationally.

Key vocabulary

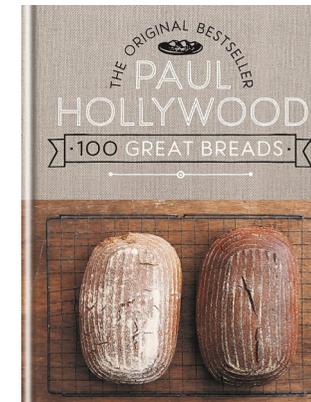
Kneading	Massage or squeeze with the hands.
Yeast	A fungus made of single oval cells that are capable of
Rise	Increase in size.
Carbon dioxide	A natural gas made by burning carbon and breathing.
Sugar	A sweet substance added to flavour foods.
Alcohol	A natural liquid which is made by the natural breakdown
Food group	A collection of foods that share similar nutritional prop-
Savoury	A food that is salty or spicy rather than sweet



What happens to yeast ?



Kneading



Top Chef

- My name is Paul John Hollywood I am a baker and judge on The Great British Bake Off .
- I began my career at my father's bakery as a teenager and went on to serve as head baker at a number of British and international hotels .
- My favourite thing to bake is bread.

Year 1 Tropical Fruit Salad Knowledge

Key Skills

- ◇ Prepare some simple dishes using techniques such as; cutting, peeling and grating.
- ◇ To prepare food hygienically and safely.

Sticky Knowledge

- ◇ Recognise that food comes from plants or animals. Food is grown, farmed or caught elsewhere.
- ◇ Begin to recognise that they should eat at least 5 portions of fruit

Key vocabulary

Chop	Cut something into pieces with a knife.
Mix	Combine or put together to form one substance or mass
Peel	<i>Peel</i> , also known as rind or skin, is the outer protective
Hygiene	Maintaining health and preventing disease, through
Portion	Apart of a whole.
Healthy	A healthy diet provides the body with essential nutri-
Grown	Food grown on a farm.
Farmed	A type of livestock or crop bred or grown commercial-



Top Chef

- ◇ My name is Jamie Oliver I am a British Chef.
- ◇ I have written many cookery books and had lots of my own TV shows.
- ◇ I love to educate children on healthy eating and have worked hard to make school meals as healthy for children