

Year 7 Food Veggie Heaven

Knowledge Organiser

By the end of this project you will:

- ✓ Learn how to be safe in the DT Food and Nutrition room.
- ✓ Know how to make the right choices using the **eat-well plate**.
- ✓ Develop cooking and preparation skills.
- ✓ Produce a vegetable soup, stir-fry and a pie.
- ✓ Complete an **evaluation** on each practical dish.



Practical skills you will use:

- ✓ Use the claw, bridge and peel techniques.
- ✓ Learn how to **stir-fry**, **boil** and **bake** as cooking techniques.
- ✓ Learn to use a **hand blender** to create a smooth soup.
- ✓ Use the **rub** technique for making pastry.
- ✓ Follow the food hygiene instructions to avoid **cross-contamination**.



Key Vocabulary

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| Eat Well Plate | The Eatwell guide shows what kind of foods you should eat, to have a healthy balanced diet and more sustainable food. |
| Cross-contamination | Cross-contamination is what happens when bacteria are unintentionally transferred from one object to another. |
| Stir fry | Bite size pieces cooked over high heat. |
| Boil | Cook in hot water. |
| Bake | Cook in the oven. |
| Rub technique | Combine butter and flour using fingertips to produce breadcrumbs |
| Hand blender | Electric hand held device which has a sharp rotating blade to micro chop foods to change them from a solid to semi-liquid state. |
| Evaluation | To write about what went well and what can be improved. |
| ingredients | A food that is used with other foods, in preparation of a particular dish. |

