

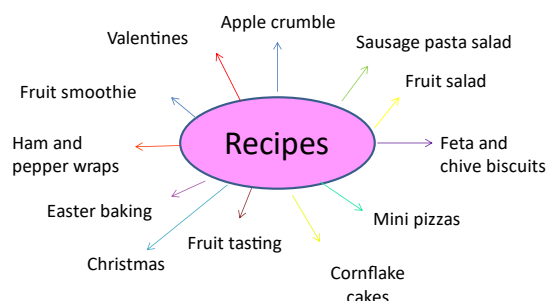


Knowledge Organiser: Food Technology

Year 2



Key vocabulary	
Bridge method	A safe way to cut (see below)
Claw method	A safe way to slice (see below)
Eatwell guide	To outline recommendations on eating healthily and achieving a balanced diet.
Rubbing in method	The process of rubbing fat (butter, lard, margarine) into flour with your fingertips.
Appearance	How something looks
Texture	How something feels in the mouth
Flavour	What it tastes like



Skills

- Bridge method
- Claw method
- Rubbing in
- Rolling out
- Shaping
- Following a recipe
- Weighing and measuring

Bridge hold



Claw hold



safe Cooking

Good cooks keep everything in the kitchen clean - this is called food hygiene

BEFORE YOU START

Wash your hands with warm water and soap then dry them. Make sure your nails are clean;

- ✓ before you start to cook
- ✓ after handling raw food
- ✓ after going to the toilet
- ✓ when you cough, sneeze or blow your nose

Do not lick your fingers!

Even though you can't see them, microbes on your hands can quickly spread and make you or other people ill. Keep your hands clean.

Did you know that a sneeze can travel at over 100 miles per hour!

An apron keeps food clean and protects your clothes. Look at people who handle food in shops. What do they wear on their heads? Why?

What could you do to make sure your food technology area is a safe place?

- ✓ Put on an apron before you start cooking.
- ✓ Tie back long hair.
- ✓ Do not wear jewellery.
- ✓ Do not sneeze or cough over food - this can spread infections.
- ✓ Make sure your work area is clean and tidy.

CLEANING UP

- ✓ Wash and tidy up as you go along.
- ✓ Keep surfaces clean.
- ✓ Always use clean cloths and tea towels.
- ✓ Wash all utensils with hot, clean, soapy water.
- ✓ Begin with the cleanest dishes.
- ✓ Use a clean tea towel or paper towels for drying.
- ✓ Wrap up food waste and seal in a bag before throwing away.

Water should be hot but still comfortable to your hands. Cold water does not clean well. Can you think why?

ALWAYS REMEMBER

- ✓ Do not rush or run in the cookery area.
- ✓ Keep tidy and organised.
- ✓ Take care with hot pans and dishes.
- ✓ Be careful with sharp knives.
- ✓ Think! - keep your mind on what you are doing.
- ✓ Use special oven gloves when moving hot dishes or pans.
- ✓ Listen to instructions and follow them carefully.

Never use a damp or dirty tea towel. Can you think why?