



Knowledge Organiser: Food Technology

Year 3

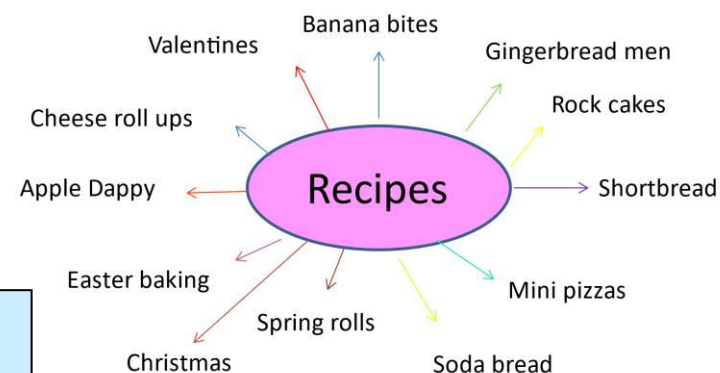
Key vocabulary

Savoury	Belonging to the category that is salty or spicy rather than sweet.
Sweet	Having a taste similar to that of sugar; not bitter or salty
Health and safety	Rules, that are intended to keep people safe from injury or disease at work and in public places
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.
Seasonality	Seasonal food refers to the times of year when the harvest or the flavour of a given type food is at its peak.
Enzymic browning	Enzymic browning is an oxidation reaction that takes place in some foods, mostly fruit and vegetables, causing the food to turn brown



Skills

- Bridge method
- Claw method
- Rubbing in
- Rolling out
- Shaping
- Basic decorating
- Following a recipe
- Weighing and measuring
- Cutting out
- Washing up and clearing away



The bridge hold



Method

Create a bridge over the food with your hand. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food.

Safety

This method ensures that fingers are out of the way as the knife cuts through the food.

Tips

To help children remember this method, they might like to think of the knife as a train which goes under the bridge and through the tunnel.

Use

This method is useful in lots of situations. It is especially useful for cutting circular items into halves and quarters, e.g. tomatoes, apples.

The claw grip



Method

Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can't see your nails when you look down on your hand.

Safety

This method ensures that finger tips are tucked out of the way and will not get caught by the knife.

Tips

To help children remember this method emphasise creating a claw, gripping the food and tipping the hand – claw, grip, tip, cut.

Use

This method is used to secure items so they can be cut safely. It is the best method to use when food needs to be cut into slices or diced.