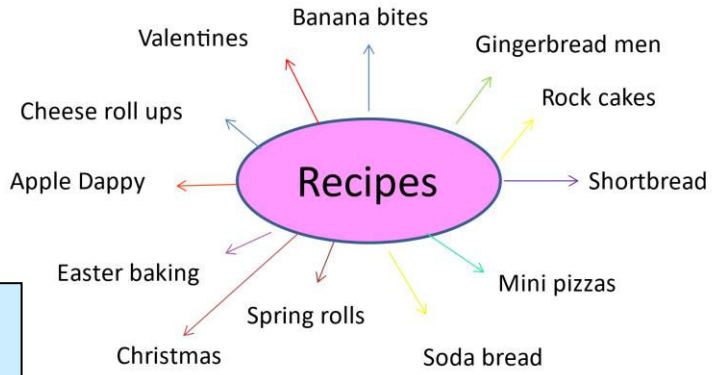
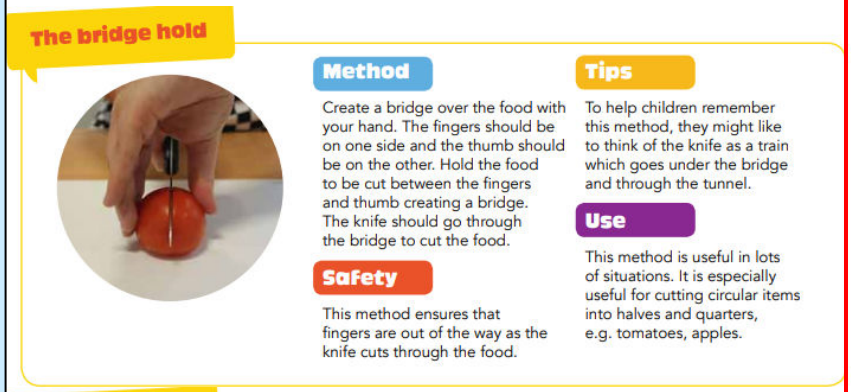
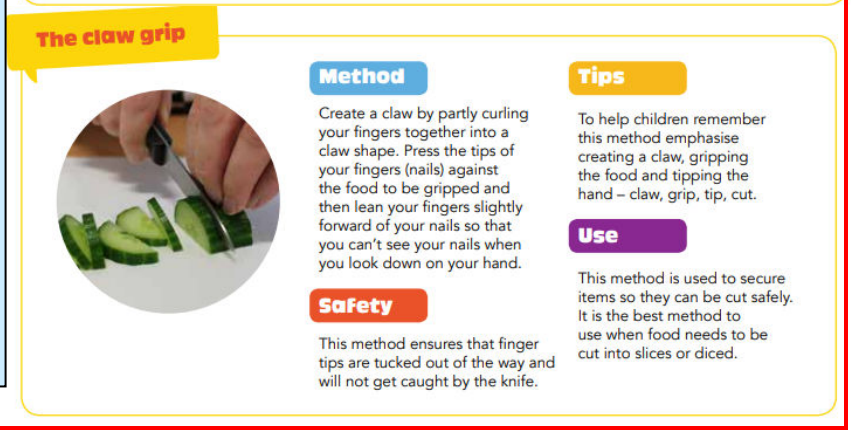
Knowledge Organiser: Food Technology

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