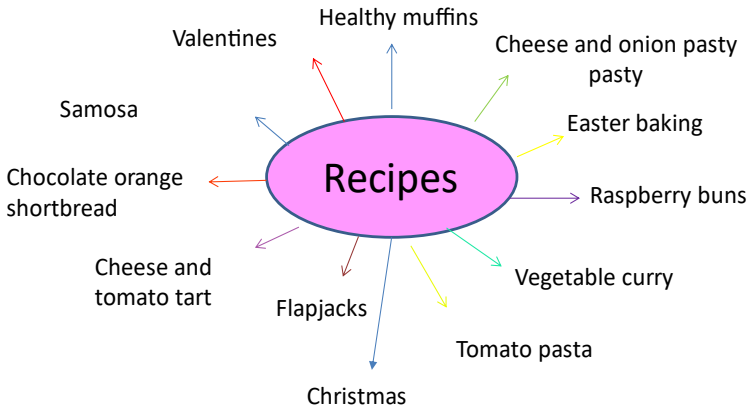
Knowledge Organiser: Food Technology

Year 5

Key vocabulary	
Diet	The food and drink that we eat.
Balanced diet	A balanced diet is one that fulfils all of a person's nutritional needs
Glazing	To make food items more aesthetically pleasing such as adding an egg wash to some baked goods to produce a shiny, golden brown glaze.
Complimentary flavours	Flavours that work well together
Carbohydrates	A macro nutrient that provides energy
High risk foods	Certain types of food allow quick growth of bacteria because they are generally moist and high in nutrients
Low risk foods	Foods that are less able to support bacterial growth.
Bacteria	Small microscopic organisms found all about us. They multiply by splitting in two every 20 minutes.
Portion	A portion for one is the amount of food that satisfies the need for one person.



Skills

- Following a recipe
- Weighing and measuring
- Cutting out
- Washing up and clearing away
- Melting method
- Roasting
- Creaming method
- Piping
- Decorating
- Sauce making
- Portioning

Food Waste

Why do we waste food?

Many of us buy more than we need, cook more than we are going to eat and don't use up food before it goes out of date.

What is bad about food waste?

- Producing food uses up natural resources like water and energy. This has an impact on climate change.
- In some countries, people go hungry because they do not have enough food.
- We spend a lot of time shopping for food and preparing it into meals.
- Wasting food costs us money.
- Food waste often ends up in landfill. This is harmful for our planet.