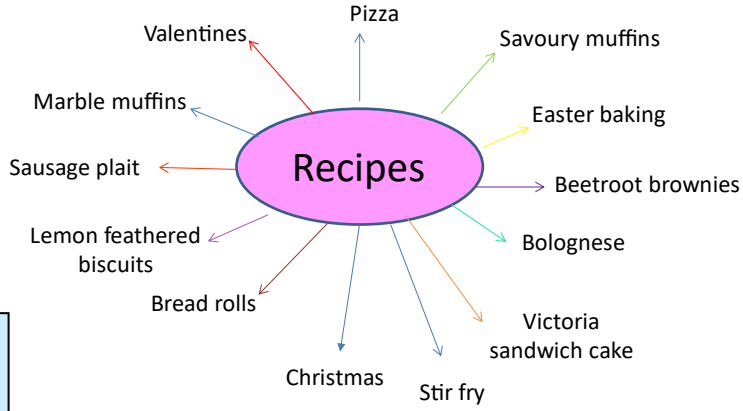
Knowledge Organiser: Food Technology

Year 6

Key vocabulary	
Proving	In bread baking, the word proofing most commonly refers to the final rise dough undergoes.
Cross contamination	Cross-contamination is the physical movement or transfer of harmful bacteria from one person, object or place to another
Hazard	There are four different types of food safety hazard, which are: Biological, Chemical, Physical, and Allergenic.
Risk assessment	Identifies hazards and risk factors that have the potential to cause harm.
Macro nutrients	The nutrients we need in larger quantities that provide us with energy
Micro nutrients	Micronutrients are one of the major groups of nutrients your body needs. They include vitamins and minerals.
Al dente	Pasta or rice that is cooked to be firm to the bite.
Portion control	The amount of size of a portion of food to be served to a customer.



Skills

- Kneading
- Baking
- Feathering
- Marbling
- Piping
- Advanced decorating
- Portioning
- Use of hob and oven
- Following a recipe
- Weighing and measuring
- Cutting out
- Washing up and clearing away

Macro nutrients

Proteins

Proteins assist with growth and repair of the body. Proteins are found in animal products like meat, fish, cheese, milk and eggs. Vegetable sources include soya-bean products, pulses and nuts

Carbohydrates

Carbohydrates are needed to give the body energy. There are two types of carbohydrate - starch and sugar. Starch is found in cereals, corn flour, potatoes, pasta and flour. Sugar is found in fruit, vegetables, and honey, milk and malt products.

Fats: Fats help to provide concentrated sources of energy and help to insulate the body in cold weather. There are two main types Saturated fats are usually obtained from animal sources, for example butter and lard. The exceptions are coconut and palm oils.