

Autumn Year 5 D.T: Food and Nutrition Knowledge Organiser.

Key vocabulary	
processed food	Food that has been changed in some way so that it can be eaten or used as ingredients.
finishing	To improve the appearance of a product – shape, decoration and colour.
yeast	The ingredient which makes bread rise.
unleavened bread	A flat bread where yeast has not been added, such as roti or pitta bread.
design specification	A list which states who the product is for and why. What the product needs to be successful and how it is will be made.
innovative	To be imaginative when designing and making.

Food and drink provide nutrients, fibre and water.

Fruit and vegetables provide vitamins e.g vitamin A and C and fibre.

Potatoes, bread, rice and pasta provide carbohydrates and fibre.

Beans, pulses, fish, eggs and meat provide protein and fibre.

Dairy and alternatives provide minerals, e.g. calcium.

Oils and spreads provide fat.



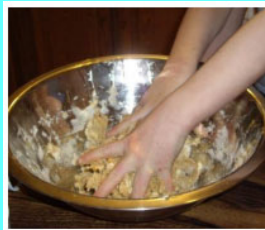
Food Processing— bread



Food Processing— tinned sweetcorn.



mixing



rubbing in



kneading



shaping