



Year 6 Eureka!
Food Technology Autumn Topic Knowledge Organiser 2023
 Knowledge Skills Vocabulary



Knowledge Progression

What are healthy and unhealthy foods? What are seasonal foods?

What are some traditional/seasonal Greek foods?

Make traditional Greek foods from recipes.

Evaluate foods that we have made.

Curriculum Coverage

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Skills Progression

Communicate ideas through drawings and labelling of images.

Follow a recipe and use appropriate tools to prepare food.

Achieve a quality food product.

Evaluate and record evaluation of the foods prepared and where appropriate cooked/baked.

Vocabulary

Seasonal, souvlaki, moussaka, olives, feta, tzatziki, spanakopita, saganaki, pitta, Mediterranean, texture, taste, sweet, bitter, sour, oily,

Enquiry

Why are Greek foods different from traditional British foods? How do seasonal foods impact what we eat in different places? What foods have influenced the Greeks? How do methods of cooking/preparation differ to British methods? Why is this?



Year 1 and 2 —Preparing foods for seasonal days, including fruit salad and soup. Baking cakes and biscuits, understanding how to measure ingredients accurately.

Year 3 and 4— Italian foods linked to Romans topic and brochure creation for writing lessons. Traditional foods from Baghdad for Golden Age of Islam.

KS3

understand and apply the principles of nutrition and health

cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

understand the source, seasonality and characteristics of a broad range of ingredients