

Knowledge organiser Y6 Cooking

Developing a recipe



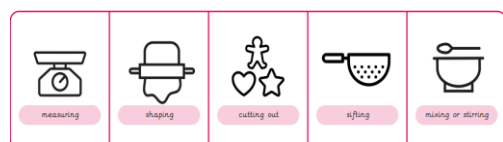
My Key Learning

What do I already know?

I know the amount of an ingredient in a recipe is known as the 'quantity'.

I know safety and hygiene are important when cooking.

I can use the cooking techniques: sieving, measuring, mixing/stirring, cutting out and shaping.



Nutritional information about products is found on food packaging, it tells us about the nutrients a food or recipe provides.



We must take steps to prevent cross-contamination, when something harmful spreads from one food to another.

Recipes can be adapted to suit nutritional needs and dietary requirements and there are alternative ingredients to help with these changes.

There is a variety of processes to make a recipe, for example

- cutting
- grating
- pressing
- measuring
- mixing/stirring



Key Vocabulary	Definition
adaptation	The process of changing something.
cook	To prepare food by heating it.
cross-contamination	When something harmful spreads from one food to another.
hygiene	Keeping things clean to prevent illness.
ingredients	The foods a recipe is made from.
label	Something that provides information about the product it is attached to.
nutrient	Substances that help living things stay healthy and grow.
nutritional value	The nutrients a food or recipe provides.
process	A series of actions.

