



**ALEC REED
ACADEMY**
PROUD TO LEARN

Year 6 DT Food and Nutrition Burgers - Knowledge Organiser



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To prepare food using British ingredients that are grown and processed all year round

To explore different types of burgers and their nutrition facts

Key Skills - Preparing and Cooking Processes

Preparing Process

Preparing process are different ways that we prepare food to eat

- **Slicing** cutting food using a knife
- **Mixing** – blend ingredients together using a whisk/blender
 - **Grating** to peel a layer off something
- **Adding/Substituting** changing the food to taste by adding or replacing ingredients

Cooking Process



Cooking processes are the different ways that we heat food before we eat it



- **Baking** - o cook food in a heated oven
- **Grilling** -to cook food under a hot grill
- **Frying** - to cook food in a pan of heated oil

Where Food Comes From

Grow, Raised, Caught

In order for us to eat we need to **grow** food from plants, seeds or vines. Such foods can be tomatoes or cucumbers. Some foods are **raised** from animals such as cows and chickens. Such foods can be meat or eggs. Some food is **caught**. Such foods could be fish. This can be subject to seasonal changes as some fish migrate.

Eating Sustainably

With modern technology it is possible to grow and rear food out of season. However growing and rearing food consumes a lot of energy as the process takes place in artificial conditions. It needs a lot of resources such as light and nutrients.

Eating sustainability is about finding the right balance between our needs and food choices.

Food Groups – There are 5 groups

Fruit and Veg - Eat 5 portions per day

Carbohydrates – Include in every meal

Proteins – 2-3 portions per day

Dairy – 2-3 portions per day

Fats and Sugars – Only eat occasionally in small amounts

A Healthy and Varied Diet



Varied Diet

In order to stay healthy it is important that we eat a balanced diet. Too much of any one food group is not healthy for us! Creating a food plan ensures that we in-corporate a balanced diet.

★ Star Vocabulary

Healthy & Varied
Diet

Food/M meal plan

Calories

Saturated Fat

Adding/Substituting

Griddling

Steaming

Poaching

Seasonal Produce

Sustainability

Health & Safety

Research where food comes from and the sources.

Research foods from around the world and which foods are sourced in different seasons

Design a recipe for a burger and the ingredients you will add

Timeline

Prepare and cook your burger using your chosen method

Evaluate your burger and any changes