











# Y10 | Food Processing + Sustainability - Knowledge organiser

| Key Terms                 | Description                                                                                                                                                                   |                                                                                     |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Food Provenance           | Where foods and ingredients come from                                                                                                                                         |    |
| Pesticides                | Chemicals sprayed onto plant crops to prevent insect and mould attack and weed growth, and produce strong plants.                                                             |    |
| Intensive Farming         | Growing or rearing large numbers of the same type of plants or animals in one place                                                                                           |    |
| Organic Farming           | Producing food using manure, compost and natural methods of weed, pest and disease control rather than chemicals.                                                             |    |
| Genetic Modification (GM) | A scientific technique that enables a particular characteristic from one plant or animal to be inserted into a the genes of another.                                          |    |
| Additives                 | Natural or synthetic chemical substances that are added to foods during manufacturing or processing to improve the quality of flavour, colour, texture or stability.          |   |
| Primary processing        | When foods are processed straight after harvest or slaughter, to get them ready to be eaten or ready to be used in other food products, such as wheat grain turned into flour |  |
| Secondary processing      | When primary processed foods are either used on their own or mixed with other foods and turned into other food products, such as wheat flour turned into bread or pasta.      |  |

## Practical food skills

### **Rubbing in / shortening**

Using your fingertips, rub the flour and butter together until the mixture resembles breadcrumbs. Stops gluten from forming to make crumbly pastry



### **Prepare, combine + shape**

Shaping and binding wet mixtures i.e. koftas and coating of chicken goujons.



### **Using a food processor**

Using a food processor with the grater attachment to grate food to a consistent size



### **Raising Agents**

Use of raising agents within baked products, such as baking powder in pitta bread.



### **Bridge and Claw**

Make a bridge over the vegetable or fruit with your hand. Fingers should be on one side and thumb on the other. Make a claw with your hand by partly curling your fingers together



### **Dough Making**

Use of technical skills to make flaky pastry and pitta bread. Students will be required to roll out, line and shape their doughs.








### **Baking**

Baking is a method of preparing food that uses dry heat, normally in an oven



## Final dishes

|                                                                                      |                                                                                       |                                                                                       |                                                                                       |                                                                                       |
|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Chinese Beef and Black bean                                                          | Ravioli (Spinach + Ricotta / Chicken + Chorizo)                                       | Lemon Meringue Pie with pastry                                                        | Paella + Flatbread                                                                    | Mille Feuille (Bake Off)                                                              |
|  |  |  |  |  |