











Y9 | Salads and Fruit & Veg - Knowledge organiser

| Key Terms | Description | |
|-------------------------|--|---|
| Macronutrient | A type of food (e.g. fat, protein, carbohydrate) required in large amounts in the diet |  |
| Micronutrient | A type of food (e.g. vitamins and minerals) required in small amounts in the diet |  |
| Eatwell Guide | shows how much of what we eat from each food group to achieve a healthy, balanced diet. |  |
| Emulsion | the term emulsion refers to combining fat and water. Emulsion can take two different forms; fat dispersed into water and water dispersed into fat. |  |
| Enzymic browning | a chemical process which occurs in fruit and vegetables, resulting in discolouration (going brown) |  |
| Cross contamination | When bacteria spreads from raw food onto ready to eat food e.g through hands, utensils or food |  |
| Personal hygiene | Keeping yourself clean and tidy to reduce the spread of bacteria, e.g washing hands |  |
| Sensory characteristics | how food tastes, looks and feels in the mouth |  |

Practical food skills

Rubbing in

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



Reduction

The process of thickening and intensifying the flavour of a sauce by simmering or boiling



Blending

Using a piece of electrical equipment - blender to puree vegetables or fruit to a liquid



Making a roux

Cooking flour and fat together and using it to thicken a sauce



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



Boiling & Simmering

Method of cooking in a saucepan. Boiling has big bubbles breaking the surface on a high heat. Simmering has small bubbles visible on a low heat




Baking

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



Final dishes

| Own salad | Group salad | Vegetable lasagne | Vegetable cakes | Fruit crumble | Vegetable soup |
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