



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
					