



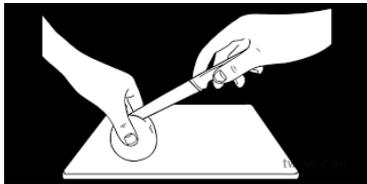
## Highsted Knowledge Organiser

### Year 7 Term 3: Food Preparation & Nutrition

What I need to know Using the cooker Personal Hygiene & Food preparation Safety	Key Vocabulary: Claw grip Bridge grip
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<b>PLATINUM</b>	Understands how to prepare a range of ingredients using the correct method.
<b>GOLD</b>	Can follow a recipe confidently, following Personal hygiene & Food safety rules
<b>SILVER</b>	Able to use different parts of the cooker for different foods
<b>BRONZE</b>	Can name the different grips when using a knife

#### Knife Grips



BRIDGE



CLAW



#### HOB

Pasta, boiled vegetables

#### GRILL

Toast, Sausages

#### OVEN

Cakes, Roast chicken

#### Challenge question:

Can you EXPLAIN how and when to use different knife grips. Can you GIVE one other example of different foods/meals that can be prepared using each part of the cooker

Suggested reading: BBC good food recipes. Food fact for life



## Highsted Knowledge Organiser

### Design & Technology Year 7 Term 4

What I need to know:

The different ways food is cooked  
How to use a Grill.

Key Vocabulary

**Cooking Methods:**

Broiling, Grilling, Roasting, Baking, Poaching, Simmering, Sautéing  
Streaming, Braising, Stewing, Steaming.

**Heat transfer:** Conduction, Convection, Convection current,  
Radiation.

Student reference point

**Cooking methods**

The three types of cooking methods are dry heat cooking, moist heat cooking, and combination cooking. Each of these methods uses heat to affect foods in a different way.

**Broiling:** Works by transferring extremely high heat onto food, usually directed from a radiant located above the food which cooks on one side at a time.

**Grilling:** Is similar to broiling, in that it uses radiant heat to cook foods quickly. Most commonly, grilling equipment will feature an open grate with a heat source located beneath the food. Flipping is required to cook foods on both sides and grill marks from the hot grate or rack are desirable.

**Roasting:** Is performed inside an oven and uses indirect heat that cooks from all sides for even browning. This method of cooking works more slowly, coaxing flavours out of meats and vegetables.

**Baking:** Baking and roasting both use indirect heat to surround foods and cook from all sides. The term roasting is used when cooking meats or vegetables, and baking is used when making bread, rolls, and cakes. Technically, these cooking methods are the same, but baking is usually performed at lower temperatures than roasting.

**Poaching:** Is a gentle method of cooking in which foods are submerged in hot liquid between 140 degrees and 180 degrees Fahrenheit.

**Simmering:** Is also a gentle method of cooking foods but uses higher temperatures than poaching, usually between 180 degrees and 205 degrees Fahrenheit. This temperature range lies below the boiling point and produces tiny bubbles. To achieve a simmer, first bring water to the boiling point and then lower the temperature.

**Sautéing:** Is performed over a burner in a hot, shallow pan and uses a small amount of oil or fat to coat food for even browning. This method cooks foods very quickly so it's best to keep the food moving by tossing or flipping. Sauté is a French word that translates to "jump".

**Steaming:** Water is boiled continuously to produce a steady amount of steam. The steam surrounds foods and cooks evenly while retaining moisture.

**Braising:** Foods are first seared in a hot oiled pan then transferred to a larger pot to cook in hot liquid. The foods are only partially submerged in simmering water, broth, or stock. Using low heat, the foods soften over an extended cook time and the liquid becomes reduced with intensified flavours.

**Stewing:** The key difference between stewing and braising is that foods are completely submerged in hot liquid while stewing instead of being partially submerged. Smaller cuts of meat are used in a stew, but the method of slow cooking at low heat is the same. As the stew cooks, fibrous vegetables break down and fat and collagen from the meats melt away.

**Steaming:** Water is boiled continuously to produce a steady amount of steam. The steam surrounds foods and cooks evenly while retaining moisture.

When using a grill, we should always switch it on and leave the door half open . Since grilling is a very quick method of cooking, we should keep an eye on our food and never leave it unattended, as it might burn very quickly. We use grill trays to place foods under the grill and oven gloves should be used when putting the grill tray in and out of the grill.

Challenge question:

Have a look at some different meals /recipes at home can you suggest the different cooking methods that have been used to prepare that meal

Suggested reading:

[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize) - Design Technology