



Highsted Knowledge Organiser

Food Preparation & Nutrition Year 9 Term 5

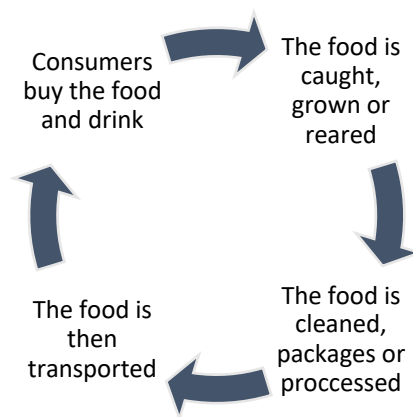
What I need to know

Understand where the food we eat comes from
Understand the concept of staple food for different countries.

Key Vocabulary:

Food provenance
Staple foods

Cycle of food provenance



International Cuisine

Traditional ingredients and dishes from Italy	
Ingredients	Dishes
Cured meat	Gnocchi
Olives, Olive oil	Pizza
Mozzarella, Parmesan	Risotto
Pasta	Lasagne, cannelloni, Spaghetti bolognese
Mascarpone Cheese	Tiramisu
Fresh Berries	Pannacotta

Traditional ingredients and dishes from China	
Ingredients	Dishes
Noodles and rice	Szechuan pork or beef
Fish and seafood	Prawn toast
Pork, duck, chicken	Chop Suey
Vegetables- water chestnut, bamboo shoots & beansprouts	Spring rolls
Fruit- lychees	Lychee chicken

Challenge question:

Can you EXPLAIN the impact of food provenance on the environment? Consider how food is grown, caught, reared & processed.

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



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Food Preparation & Nutrition Year 9 Term 6

What I need to know

Understand the concept of staple food for different countries.

Understand British Cuisine

Key Vocabulary:

Food provenance

Staple foods

Cuisine

International Cuisine 2

Indian Cuisine

Ingredients	Traditional Dishes
Basmati rice	Tandoori fish, meat or chicken
Atta (bread flour)	Naan bread and chapatis
Goat, lamb, chicken	Biryanis & Kormas
Lentils	Lentil dahl
Vegetables- Aubergines	Aubergine bhaji
Spices- cumin, turmeric, cardamom	Samosas
Tea, e.g Darjeeling and Chai	With flat bread and dips for breakfast

British Cuisine

Traditional ingredients from Britain:

- Vegetables- potatoes, parsnips, leeks, sprouts
- Fruit- apples, strawberries, plums
- Herbs- mint, chives, sage
- Beef, lamb, poultry, pork, bacon, ham
- Cheese – Cheddar, double Gloucester, Stilton
- Milk
- Fish- mackerel, cod, haddock, salmon

Traditional Dishes:

- Roast beef and Yorkshire puddings
- Fish and chips
- Shepherd's pie
- Victoria sandwich cake
- Shortbread
- Fruit crumble & Pies



FAIRTRADE

Challenge question:

Can you DESCRIBE what you could eat or breakfast, lunch, evening meal

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