



# Y5 We Are Chefs: Great British Menu—Knowledge Organiser



## Key Knowledge

### Learn this information

#### The main national dishes of:

**England** (Fish and Chips, Roast Dinner, Cottage Pie, Toad in the Hole, Cornish Pasty and the Full English)

**Ireland** (Irish Stew, Bacon and Cabbage, Soda Bread and Colcannon – Mashed Potatoes)

**Scotland** (Porridge, Haggis, Oat Cakes and Stovies – Stew)

**Wales** (Cawl - stew/soup, Glamorgan Sausages and Welsh Rarebit).

The **terrain** (ground), **climate** and **seasons** affect the crops and animals farmed in each country, but here is little difference in **arable farming** between the four countries where terrain is similar. Britain's main cereal crops **wheat, oats, barley and oilseeds**. They are planted and harvested from April through to December. **Livestock farming** (sheep and dairy) is more common in Wales and Scotland, due to approximately 80% of farmland being in 'Less Favoured Areas' (moors and hill farms less suitable for arable farming).

**Seasonality:** When vegetables and crops are planted and harvested to be at their best.

Food packaging contains nutritional information based on how much is in each serving.

This photo shows the percentage of recommended daily allowance (RDA).



The packaging also contains information about: Storage instructions, **best Before** (past its best, but still safe to eat) and **use By** (no longer safe to eat).

You need to keep **raw meats refrigerated** and separate from other ingredients, especially ingredients you won't be cooking (like salads). This is why you put raw meat on the bottom shelf (to stop it dripping on other food!) and salad/fruit/veg in drawers.

You should **wash your hands before and after** you handle raw meat. Use a **separate cutting board and knife** for raw meats and other ingredients. It is useful to use a **red chopping board** when cutting **raw meat** and a **green chopping board** for **fruits/veg** where possible. You should also use **different plates and utensils** for raw meats and cooked meats. This avoids harmful **cross contamination**.

## Key Skills

### Practise and perform these skills

To **peel, chop and grate and boil** vegetables safely using the most appropriate techniques. To **pan-fry** meat (or a meat substitute) avoiding cross contamination.

How to **chop** safely— using the **claw** - tucking in thumb or **bridge** hold techniques.

#### Claw—tucking in



#### Grate



How to **grate** safely using a grater— grate away from self, grater positioned downwards against chopping board.

#### Peel



How to **peel** safely using a peeler— peel away from self, peel middle of vegetable, rotate vegetable.

To **measure** accurately using **electronic scales** (g) and a **Measuring jug** (ml) - fill liquid until it reaches required amount looking at the line carefully, pour some away if there is too much.

To **boil** water safely—place a pan of cold water onto a hob with the handle placed to one side (not sticking out!)



How to **pan-fry**—place meat in an oiled pan and stir with a spatula over a moderate heat until cooked thoroughly.



Chicken/pork will change from pink > white.

Follow a simple **recipe** understanding the **vocabulary**, e.g. **boil**.

1. Ensure you have all of the ingredients and utensils needed on your work surface or easy to reach before you start.
2. Follow the recipe in order, step-by-step.
3. Look at the measurements carefully and the unit of measurement used, e.g. does it say ml of millilitres or l for litres?
4. Read timings carefully and use a timer precisely to ensure you do not under/over cook.
5. Refer back to your recipe regularly and throughout - you won't be able to just read it once!

## Key Vocabulary

### Understand these key words

Word	Definition
Recipe	A list of ingredients and instructions for making a food dish.
Ingredients	One of the parts of a mixture.
Peel	To remove the peels from vegetables or fruits.
Peeler	A peeler is a kitchen tool consisting of a metal blade with a slot with a sharp edge attached to a handle, used to remove the outer layer (the "skin" or "peel") of some vegetables.
Knife	A tool with a handle and a thin, sharp blade, used for cutting.
Chop/slice	To cut solids into pieces with a sharp knife or other chopping device.
Grate	The process of transforming solid, firm food items into small pieces by rubbing the item against a grater.
Grater	A grater is a hand held metal device that contains numerous raised slots of varying sizes that cut ingredients into small pieces.
Measuring jug	A container for holding liquids. A jug usually has a handle and a narrow spout or opening.
Electronic scales	An electronic device used to measure weight or mass.
Boil	To heat a liquid safely until bubbles break on the surface.
Blend	To incorporate two or more ingredients thoroughly.
Pan-fry	To cook in small amounts of fat.
Mix	To combine ingredients usually by stirring.
Season	To improve the flavour of by adding salt, herbs, spices, or other flavourings.
Cross contamination	The process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.