



Y3 We Are Chefs: Soup Making—Knowledge Organiser



Key Knowledge

Learn this information

The 5 main food groups (Eatwell plate):
Fruit and vegetables
Carbohydrates
Protein
Dairy
Fats (including oils and sugar)



Seasonal produce: It's important to sow your vegetable crops at the right time of year and to harvest them at the right time, when they're at the peak of their tenderness and taste.

| Vegetable | Sow | Harvest |
|-----------|------------------------|----------------------|
| Potatoes | Outside: Spring | Late summer |
| Onions | Outside: Spring | Late summer |
| Leeks | Outside: Spring | Autumn/Winter |

How **vegetables** are **produced**: Sow (plant) the seeds in soil, some need to start growing indoors but most are fine outside, allow plenty of sunshine and water regularly, vegetables will grow either underground (root vegetable) or above soil (leafy vegetable), harvest by digging out or cutting if above surface.

Where/which animal meat comes from: beef (cow), pork (pig), bacon (pig) and lamb (sheep).

How to measure accurately using an electronic scale: **Put empty bowl on scales**, **turn on** and ensure they are on zero, if not press on/off button again. **Wait until display shows 0**. To switch between **units** tap **unit** to scroll through.



How to use a soup maker: Plug it in, switch plug on, ensure lid is on and therefore the blade is inside, once ingredients are inside with water, press on, then press select to choose the mode you require (smooth/chunky) smooth function should display '21' as it takes 21 minutes to simmer, press on again to start.



Key Skills

Practise and perform these skills

To **chop**, **peel** and **grate** vegetables safely using the most appropriate techniques to attain my cookery skills **grade one certificate**.

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



Grate



Peel



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

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

How to **measure** accurately using both: **Measuring jug** (ml) - fill liquid until it reaches required amount looking at the line carefully, pour some away if there is too much. And **electronic scale** (g).



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

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 |
|--------------------------|--|
| Apron | a garment that covers all or part of the front of the body. It is worn to protect the clothing underneath. |
| Mix | To combine ingredients usually by stirring. |
| Season | To improve the flavour of by adding salt, herbs, spices, or other flavourings. |
| Chopping board | A rectangular board, often made of wood, used esp. for cutting vegetables or meats. |
| Knife | A tool with a handle and a thin, sharp blade, used for cutting. |
| 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. |
| Grater | A grater is a hand held metal device that contains numerous raised slots of varying sizes that cut ingredients into small pieces. |
| 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. |
| Peel | To remove the peels from vegetables or fruits. |
| Blend | To incorporate two or more ingredients thoroughly. |
| Recipe | A list of ingredients and instructions for making a food dish. |
| Ingredients | One of the parts of a mixture. |
| Method | A way of doing something. |
| Combine | To bring or join together into a whole. |
| 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. |
| Mixing bowl | A bowl in which things can be combined when preparing food. |