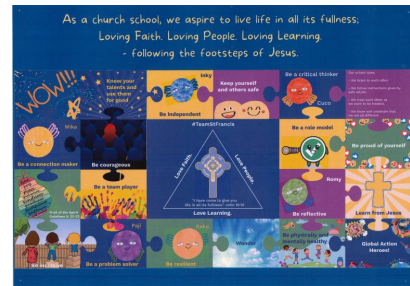




# Knowledge Organiser

## Year 1— Cooking and nutrition

### How do we prepare vegetables safely?



Vocabulary	
cook	to prepare for eating by using heat.
food	anything that contains nutrients and is eaten by living creatures in order to maintain life, health, and growth.
where	from what source or location.
food (categories)	Fruit and vegetables, starchy food, dairy, protein., fat
method	a way of doing something.
instructions	directions or orders.
ingredients	one of the parts of a mixture.
nutrition	the act or process of eating and using the nutrients in
principles	a law or rule that is based on
healthy	having to do with a good
varied	to give variety to.
diet	the food and drink usually eaten and drunk by a person

prepare	to make or put together from
dishes	a certain kind of prepared food.
actions – stir, chop, mix, cut, roll	Stir—to mix or move in a circle with a hand or object.  Chop—to cut by hitting many

**What should I already know?**  
In EYFS children have made a fruity crumble

**What will I know by the end of the unit?**  
Children will design and make a vegetable kebab based on an existing recipe.



**Notable Chef—Gaz Oakley**  
Gaz Oakley is a trained chef from Cardiff, Wales. After learning cooking basics at a very young age with his dad, cooking as well as sports became his early passions. He played rugby, football, did athletics and swam to a very high standard throughout his school years. At the age of 15, he got his first part-time chef's job at a local hotel restaurant. He had a goal to be the youngest chef in the country with a Michelin star/ After 16, he completed his GCSEs, left school and went full time at the restaurant.