

GGA Knowledge Organiser Year 4 Food Technology – Y4 Anglo-Saxon Spice Cakes

Making - Learning using Tools and Equipment		Vocabulary		Cross Curricular Opportunities			
Oven/pre-heat	Using the oven set at the correct temperature to bake the ingredients to the right consistency	Flavouring	Ingredients used to add sweetness, spice or savoury elements to a recipe e.g. honey, salt, herbs etc.	Maths	Measuring and weighing ingredients using metric and imperial weights to create the correct balance and ratio of ingredients		
Baking tray or tin	A metal container, which can be various shapes/sizes, to bake pastry in	Weigh & measure	Using scales or a jug with measurement markings to ensure the right amount of ingredients are used.	Science	Reversible/irreversible changing states of matter e.g. melting butter and combining recipe ingredients, crisping/browning of ingredients cannot be changed. Combining ingredients with opportunities to use words such as absorb, dissolve and solidify Opportunities to use charts to record and analyse impact of changing proportions of ingredients and impact on final recipe e.g. additional honey makes the consistency stickier and flavour sweeter.		
Baking paper	A special paper that can be used to line a baking tray to prevent pastry sticking to it.	Table spoon or Teaspoon	Large metal spoon or small metal spoon used for measuring out amounts	Humanities	How an Anglo Saxon's wealth and social status affected access to certain ingredients such as honey, butter and spices. Farming affected resources e.g. access oats, barley and wheat for the well off – impact of climate on crops and food production such as these oatcakes. Cooking techniques and methods used by Anglo-Saxons could be investigated.		
Scales	Used to weigh solid ingredients, in this case, vegetables.	Stir/blend	Mix the ingredients together with a wooden spoon	English	Interpreting instructional writing and following a step-by-step plan. Evaluating and assessing processes and outcomes using adjectives		
Mixing Bowl	Usually plastic or metal to combine the ingredients before transferring to the baking tray	Pre-heat	Preparing the oven by warming it up in advance	PSHE & Values	Teamwork, co-operation, responsibility. Health benefits of natural ingredients relevance to today's diets compared to then. Understanding economic differences between different statuses for Anglo Saxons and the impact on access to food/ingredients.		
Non-stick	Non-stick surface trays used to prevent the ingredients sticking to the tray.	Measure	To weigh on scales or liquid with measurements on a jug to get the right balance of ingredients	Why are we learning this?			
Wooden spoon	A large spoon used to mix the ingredients in a mixing bowl	Taste	As a cook would throughout the cooking process, evaluate the flavour and suggest changes where necessary.	To know how to: create a traditional Anglo-Saxon recipe using ingredients only available at the time			
Dried/ dehydrated fruit	Dried/dehydrated to remove all the moisture and prevent it from rotting. Anglo-Saxons ensured this important food supply lasted in winter.	Cinnamon Sticks – a spice (which could be used in trade) to be ground down into powder and add flavour to the spice cakes		Why is it important?			
Honey		Oats		So that we understand how: Anglo-Saxons prepared their food, to gain a clearer understanding of their way of life/daily living via cooking and eating.			
							
							
							