

GGA- Cooking Knowledge Organiser for Year One – Summer Term- Fruit Flapjack

Vocabulary		Skills that I am going to learn.					
Pre-Heat	To make something hot beforehand. Especially an oven before you bake something in it.	Pre-Heat the Oven	Zest of Fruit	Weighing			
Zest.	The piece of peel of a citrus fruit.	I know why I have to pre-heat an oven before I start cooking.	I know how to get the zest from fruit.	I can use a weighing scale to measure in grams.			
Weighing scales	A cooking device to measure the weight of food.	Food Origins					
Dried Fruits	Is a fruit that is being preserved by being dried.	I know how you produce dried fruits.					
Why are we learning this?		Why is this important?					
To make healthy snacks.		Gives ideas on how we can make healthier choices when snacking.					
Useful Information							
Recipe	https://realfood.tesco.com/gallery/10-best-lunchbox-recipes.html?id=7023490c-b7f3-4144-b795-252d197e1dfd						
Adult to support with zest and chopping.							