

GGA Knowledge Organiser Year 6 Food Technology – Y6 WWII Seasonal Soup

Making - Learning using Tools and Equipment	
Peeler	A tool to scrape the skin away from vegetables e.g. potatoes and carrots
Vegetable knife	A small sharp knife to chop and slice vegetables into smaller pieces
Saucepan	A pan to add the vegetables and stock to cook together and blend together
Hob	The top part of the cooker, sometimes gas, sometimes electric
Scales	Used to weigh solid ingredients, in this case, vegetables.
Measuring jug	A pouring jug with a handle and measurements marked in ml and l on the side.
Ladle	A large spoon used vertically to serve the soup into bowls
Wooden spoon	A large spoon used to stir the soup
Chopping board	Wooden or plastic base to chop the vegetables on and protect kitchen worktops.

Vocabulary	
Seasonal	Grown at the time of year in which you're making the food.
Chop	To cut your vegetables into smaller chunks to make them easier to cook thoroughly
Peel	To remove the outer skin of vegetables (some skins can be thoroughly washed and left on as this is often healthier)
Slice	To cut into thinner pieces/slices
Simmer	To cook on the hob on a lower heat to keep the soup gently boiling
Stir/blend	Mix the ingredients together, this can be done with a hand mixer to merge the ingredients together
Nutritional	Healthy ingredients that are good for your body and well-being
Locally sourced	Grown nearby, e.g. your garden or within a few miles of where you live
Wash	To scrub dirt of vegetables and remove germs and (possible) pesticides
Measure	To weigh on scales or liquid with measurements on a jug to get the right balance of ingredients
Taste	As a cook would throughout the cooking process, evaluate the flavour and suggest changes where necessary



Cross Curricular Opportunities	
Maths	Measuring and weighing ingredients using metric and imperial weights to create a good balance between the ratio of vegetables, herbs and stock.
Science	Heating and changing states of matter e.g. boiling water turning into steam (gas) Heated vegetables soften as their structure changes e.g. irreversible changes Dissolving stock cubes to make a stock, agitating/stirring the heated water to speed the process Use of wooden spoons for stirring, and metal saucepans, to help in understanding materials which do/do not conduct heat Use of taste buds to compare sweet, salt, bitter etc.
Humanities	Food miles and the impact on the environment, eating seasonably and the positive impact it can have on the environment e.g. overuse of artificial watering systems and heating systems Impact of WW11 on food supply chains, the need for self-sufficiency due to the poor economy
English	Interpreting instructional writing and following a step-by-step plan. Evaluating and assessing processes and outcomes using adjectives
PSHE & Values	Healthy-eating, self-care, self-sufficiency, well-being.

Why are we learning this?

To know how to: prepare a healthy and nutritious meal using fresh, seasonable and (possibly) locally sourced ingredients without relying on little to no processed ingredients.

Why is it important?

So that we understand how: the impact WWII had on food supply chains, the need for self-sufficiency due to the poor economy, less processed foods actually had benefits as people cooked from scratch. Food miles impact negatively on the environment, that eating seasonably has a positive impact it can have on the environment e.g. overuse of artificial watering systems and heating systems

