

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

Vocabulary

Food Groups	The food you eat is split into different groups and there are recommendations how much of each group your body needs.
Dairy.	Any food products made from milk. The milk can come from cows or goat.
Bridge Technique	Create a bridge over the food with your hand.
Food Processor	Cooking equipment that creates a smooth texture for food.

Why are we learning this?

Starting to use knives only on soft fruit.

Why is this important?

Cutting is an essential skill needed in cooking.

Useful Information

Adult to support with using the food processor.

Skills that I am going to learn.

Food Groups

I know that biggest food group I need to eat every day is 5 fruit and vegetables

Food Groups

I know milk and yoghurt are part of the dairy food group.

Food Safety

I can wash fruit before I eat it.



Chop Soft Fruit

I can use the bridge technique.



Food Origins

I can say where a banana and strawberry are grown

