

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

## Vocabulary

Pre-Heat	To make something hot beforehand. Especially an oven before you bake something in it.
Zest.	The piece of peel of a citrus fruit.
Weighing scales	A cooking device to measure the weight of food.
Dried Fruits	Is a fruit that is being preserved by being dried.

## Skills that I am going to learn.

### Pre-Heat the Oven

I know why I have to pre-heat an oven before I start cooking.

### Food Origins

I know how you produce dried fruits.

### Zest of Fruit

I know how to get the zest from fruit.



### Weighing

I can use a weighing scale to measure in grams.



### Food Hygiene

I can wash and dry up.



## Why are we learning this?

To make healthy snacks.

## Why is this important?

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.

