Queensway School- Knowledge Organiser

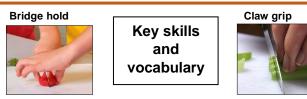
Savoury Cooking: Ancient Greek Foods

These are the areas that we will be focusing on in our savoury cooking sessions in Term 4:

- Comparing and contrasting Ancient Greek food with Modern Day food.
- Researching the origin of foods.
- Taste tasting whilst thinking about flavour, texture and smell.
- Creating and personalising a wellknown recipe.
- Using the recipe to produce your own Flatbread.
- Evaluating the final product and offering suggestions for improvements on both your own and other's recipes.

Key Questions:

- How did the Ancient Greek's diet compare to that of the Roman's?
- What was the main food group consumed by the Ancient Greeks and why?



Food skill		Food skill		Food skill	
Bake	Ē	Fry and sauté	~	Portion / divide	G
Beat	P	Glaze and coat	1	Prove	V
Blitz, puree and blend	Î	Grate		Roast	_
Casserole	Î	Grill		Roll-out	1
Chill	鱳	Juice		Rub-in	
Core		Knead	Se-	Sift	9 -
Cream	١	Layer	\$	Snip	X
Crush	-	Mash	4	Spread	R
Cut out	Ω° О	Measure	Ð	Stir-try	Ó
Cut, chop, slice, dice and trim	ß	Melt, simmer and boil	* -	Weigh	Ø
Decorate and garnish		Microwave		Whisk	P
Drain	·@·	Mix, stir and combine	-	Zest	

Design and Technology Year 5, Term 4.



<u>Safety</u>

- Sharp knives: never walk around with a knife. Use the *bridge hold* and *claw grip* to cut safely.
- Grater: hold grater firmly on a chopping board. Grate food in one direction and leave a small amount at the end to prevent injury to knuckles.
- Hot liquid: drain hot liquid carefully over the sink using a colander.
- Saucepans: turn panhandles in from the edge, so they are not knocked.
- Hot equipment: always use oven gloves when placing food in and out of the oven.
- Spills: wipe up immediately.
- Electrical equipment: always follow instructions.