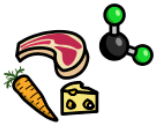
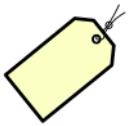
The Marist Primary School	Knowledge Organiser
Year 5 Spring 2: **Cooking and Nutrition: Adapting a recipe**	**Key Question :** **Can you make a bread roll for Bess to give to the Highwayman?**

Lesson 1 How are ingredients grown and processed?	Lesson 2 Can I make adaptations to a recipe based on my purpose?	Lesson 3 Can I make ingredient choices based on nutritional content?	Lesson 4 Can I prepare food?	Lesson 5 Can I follow an adapted recipe?	Lesson 6 Can I evaluate my final product?

Vocabulary

adaptation	**Changing something**	 hygiene	**Keeping things clean**	 nutrient	**Substances that help living things stay healthy and grown**
 cook	**Preparing food by heating it**	 ingredients	**Food needed to prepare a recipe**	*Cross-contamination is when harmful bacteria from one food get onto another. To prevent it, use different coloured chopping boards for different types of food.* Red - raw meat Blue - raw fish Yellow - cooked meat Green - salad and fruit Brown - root vegetables White - bakery and dairy	
 cross-contamination	**When something harmful spreads from one place to another**	 process	**A series of actions**		
 farm	**Grow crops or keeps animals**	 label	**Provides information about the food**		