



YEAR 4 DT – Seasonal Soups Knowledge Organiser



Seasonal Fruit and Veg

Spring – Spring Greens, Cucumber

Summer – Strawberries, Broad Beans

Autumn – Pumpkins, Blackberries

Winter – Brussel Sprouts, Potatoes

Cutting and Chopping

The bridge hold



The claw grip



The Four Cs



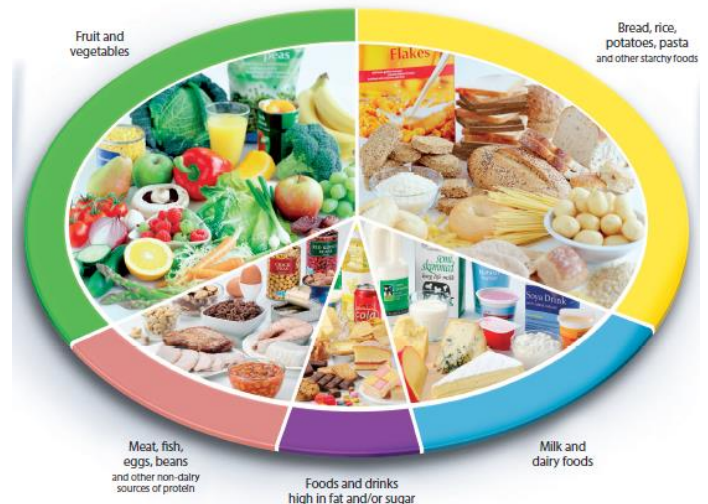
Cleaning - Make sure hands, surfaces and utensils are clean before and after cooking.

Cooking - Make sure food is cooked thoroughly according to recipes or instructions.

Chilling – Store food in a fridge to keep it fresh and to stop the spread of bacteria.

Cross-Contamination – Use separate utensils for different raw and cooked food. Make sure food is covered when stored. Wash hands regularly.

Nutrition



Tasting and Evaluating

Use your **senses** when tasting food.

Appearance – What does it look like?

Smell – Does it smell good?

Taste – Did you enjoy the taste? Was it sweet, sour, salty?

Texture – How did it feel? Lumpy? Smooth?