

# Year 4 - Explore understanding of food - Dairy, Fats & Sugar

## How do I process Dairy, Fats & Sugar?

### Slicing/Dicing



### Frying



### Mixing/Blending

### Whisking



### Folding

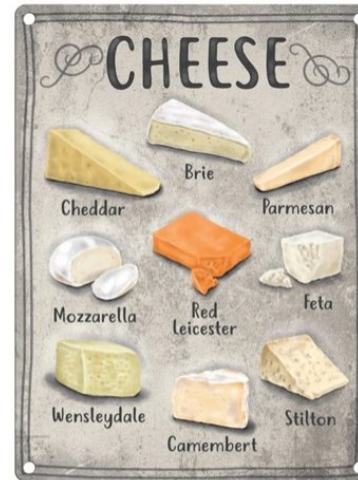
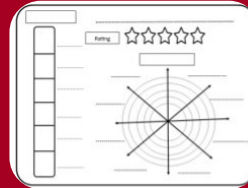


These are in addition to previously taught methods:

- Slicing/chopping
- Kneading/rolling
- Baking
- Weighing/measuring
- Mashing/mixing
- Peeling/grating

## Glossary:

- **Appearance** – how the food looks to the eye.
- **Texture** – how the product feels in the mouth.
- **Sensory evaluation** - evaluating food products in terms of the taste, smell, texture and appearance.
- **Preference test** – trying different foods and deciding which you like best.
- **Processed food** – ingredients that have been changed in some way to enable them to be eaten or used in food preparation/cooking.
- **Vegan** - a person who does not eat any food derived from animals and who typically does not use other animal products.
- **Dairy**—the department of farming that is concerned with the production of milk, butter, and cheese
- **Free Range** - kept in natural conditions



### Making butter and cheese



## Sticky Knowledge:

- To know how to cook a variety of dishes that are made from dairy products.
- Use correct terminology for a large variety of cookery processes.
- To know the dangers associated with storage and reheating food.
- To know what processed food is.
- To know the effects of sugar.



**FRESH** is fun.  
**FROZEN** is fantastic.  
**CANNED** counts.

