

Why we cook our food

Cooking makes some food:

- Taste better
- Safer to eat
- Easier to digest
- Last longer
- Softer and more edible

D&T Knowledge Organiser Remarkable Recipes



Where our food comes from

Plants and animals

Glossary

Diet - The food a person or animal eats.

Ingredients - A list that tells you what you need and their amounts.

Poultry - Animals such as chicken and turkey.

Pulses - Edible seeds such as beans, peas and lentils that need to be cooked.

Recipe - A set of instructions for preparing and cooking a dish.

Vegan - Eating food only from plant sources.

Vegetarian - Eating food from plant sources and foods produced by animals - but not meat itself.



tbsp - tablespoon

tsp - teaspoon

ml - millilitres

g - grams

