



KNOWLEDGE ORGANISER

Food — Come Dine With Me

You cannot mix raw meat with other ingredients. It is not safe. Remember to wash your hands after handling raw meat.

Did you know?

Hawaii produces about 1/3 of all pineapples in the world.

Key Vocabulary

Accompaniment	Something that goes well together with other foods and drinks
Cookbook	A book containing recipes to make dishes or foods
Cross-contamination	How bacteria can spread. It happens when liquid from raw meats, or germs from unclean objects, touch cooked or ready-to-eat foods
Flavour	How food or drink tastes (sour, sweet, bitter, salty)
Imperative verbs	Also known as 'bossy verbs' because they tell you what to do. You put them at the beginning of a command (e.g. bake, grill, add, heat)
Ingredients	Items that make up a mixture or recipe
Method	A way of carrying out certain process, following a list of instructions
Preparation	The process of getting ready to make something
Processed	When foods are passed through multiple processes in a factory to preserve it so it keeps for longer
Recipe	A set of instructions for making or preparing a food item or dish
Target audience	A group or person that product is aimed at
Unit of measurement	The unit which you use to measure a quantity, (e.g. litres, grams, teaspoon)



Key Facts



The five different food groups are:

- 1) Carbohydrates
- 2) Fruits and vegetables
- 3) Protein
- 4) Dairy
- 5) Foods high in fat and sugar

Many countries have traditional dishes. For example, India is known for hot curries, whilst England is known for fish 'n' chips which were historically served in newspaper.

