





GGA- Cooking Knowledge Organiser for Year Five – Spring Term- Red Bean Burgers

Vocabulary

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| Kidney beans. | The kidney bean is a variety of the common bean. It is named for its visual resemblance in shape and colour to a kidney. |
| Crush Garlic | Putting a clove (peeled or unpeeled) under your chef's knife, and hitting the flat of the blade firmly with the heel of your hand to smash the garlic underneath. |
| Mash | Reduce (a food or other substance) to a pulpy mass by crushing it. |
| Garnish | Decorate or embellish something, especially food. |

Skills that I am going to learn.

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| <p>Food Groups</p> <p>I can explain what food groups each of the ingredients is from and how this benefits my body.</p> | <p>Peel and crush garlic.</p> <p>I can peel and crush garlic.</p>  | <p>Create a garnish.</p> <p>Create my own side salad</p>  |
| <p>Balanced Diet.</p> <p>I understand the importance of not skipping meals, including breakfast.</p> | <p>Puree</p> <p>I can mash the kidney beans.</p>  | <p>Describe textures.</p> <p>I can describe the texture of my bean burger.</p>  |

Why are we learning this?

To Describe the texture of a bean burger.

Why is this important?

To describe the different textures of the burgers and the garnish.