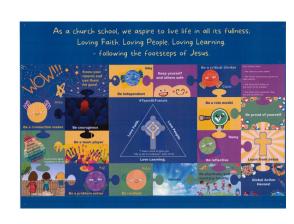


Knowledge Organiser Year 3— Cooking What can I stuff a pepper with?



Vocabulary Vocabulary Vocabulary	
Apply	To make use of or put
	to use
Sweet	Having a taste like that
	or sugar or honey: not
	bitter, salty or sour.
Seasonality	How much of some-
	thing that is added to
	food to make it taste
	better.
Grow	To become larger by
	natural development.
Reared	Meat or vegetable
	that have been pro-
	duced in small
	amounts with a lot of
	care using hands ra-
	ther than machinery.

Caught	Food that has been
	captured.
Savoury	Any of various aro-
	matic herbs used as
	seasoning in cooking.
Techniques	The particular method
	or way of doing or per-
	forming something.

What should I already know? EYFS – fruit salad Year 1 – vegetable kebab Year 2 – carrot and courgette muffins

What will I know by the end of the unit?

Children will design and make a stuffed pepper based on an existing recipe.

Notable chef

Ainsley Harriott is an English chef and television presenter. He is known for his BBC cooking game shows. His talents lie in comedy and singing as well as cooking. He also markets his own range of food, including couscous, risotto, soups and cereal bars.

