




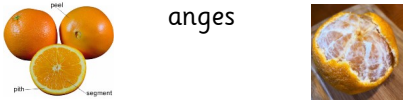
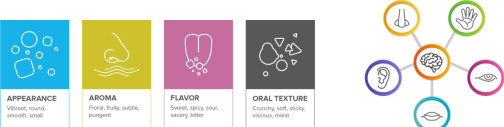


Love God, Love others  
Let your light shine

# Year 1 - Food Knowledge Organiser

## Hummus Dip Recipe



Glossary	Meaning
Fruit	A plant or tree's edible seed with envelope 
Vegetable	A plant used for food 
Nutrients	All the things in food that the body needs to remain healthy 
Pith	The soft white lining inside fruit such as oranges 
Sensory Evaluation	Testing foods thinking about how you feel about the look, smell, taste and texture (mouth feel) 



Peeling



Cutting



Slicing



Grating



Squeezing

### Hygiene - some key pointers

- Jewellery is removed
- Hair is tied back
- Sleeves are rolled up
- Aprons are on
- Hands are washed
- Cuts are covered with blue waterproof dressing

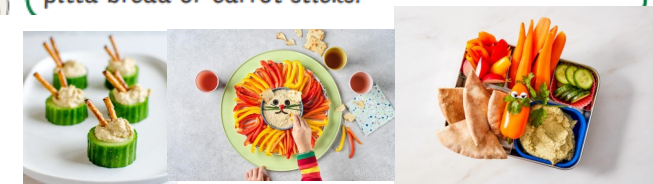


Further information from [www.foodfactoflife.org.uk](http://www.foodfactoflife.org.uk)




### Method

1. Drain the chickpeas and place into the blender.
2. Squeeze the lemon and add the juice to the blender.
3. Crush the garlic and add to the blender with the tahini.
4. With help from an adult, place the lid on the blender and switch it on for 15–20 seconds.
5. Turn the blender off. Use a spatula to move the chickpeas away from the edge of the blender. Add 1×15ml spoon of water.
6. Place the lid on the blender and switch on for 15-20 seconds.
7. Repeat stages 5–6 until a smooth paste is produced.
8. Serve.

**Dipper suggestions:** Serve with slices of wholemeal pitta bread or carrot sticks.



### Food Processing Equipment

Utensil	Food	Effect	Mouth feel
	Orange	Makes juice	Liquid
	Apple	Unpeeled apple	Crunchy
	Carrot	Thin rings	Crispy hard