

Design and Technology Knowledge Organiser

Year Five and Six
Burgers

Meat Replacements

More and more people are becoming vegetarian but it is important that vegetarians still maintain a healthy diet with protein and nutrients.

There are different alternatives to meat such as tofu (made from soya beans) and Quorn (made from fungus and egg white).

Tofu can also be made into desserts.

Quorn is available in chunks (for stir fry), mince (for chilli) and fillets (to be served in sauce).

Meat replacements are usually flavoured as they do not taste of much.

Meat replacements can be marinated to add

Six Main Types of Fat

Butter- made from churning cream.

Margarine- blended from vegetable oils.

Lard- made from pig fat.

Suet- made from the fat which protects animals' organs.

Oils- extracted from



Binding- eggs can be used to bind ingredients together- an important part of making burgers.

Ways to Use Fats and Oils

Cooking- deep frying and shallow frying

Greasing- to stop foods sticking to tins (like cakes)

Adding Colour- butter makes pastry golden yellow

Enriching- Improves the taste of sauces

Shortening- creates crumbly biscuits (shortbread)

Protein

Meat and poultry provide high grade protein and other essential nutrients.

Meat and poultry can both be found in a stir-fry.

