

Knowledge Organiser – Indian Food

Important Information

Indian food is often eaten with the hands. There are rules! It is impolite to allow the food to pass the first joint of the fingers. The fingers should never touch the mouth directly. Only the right hand may be used in eating. Most Indian meals include a kind of flatbread. It is traditionally used to scoop or roll vegetables or rice. A spoon is provided for soup, but the bread may even be used to eat that! Meat, if served, may be eaten with a knife and fork, but it will more often be served pre-cut, so it may be easily managed by the fingers.



Key Vocabulary

Curry	A dish of meat, vegetables, etc., cooked in an Indian-style sauce of strong spices and typically served with rice.
Naan bread	A soft, thick, leavened flatbread that's baked in a tandoor oven.
Poppadum	A large circular piece of thin, spiced bread made from ground lentils and fried in oil.
Bahji	A deep-fried Indian appetizer with a spicy vegetable filling covered in batter.
Garam masala	A mixture of powdered spices used in Indian cooking.
Kebab	Meat and vegetable pieces grilled or roasted on a skewer.
Pilau	Rice cooked in a broth with meat, vegetables or lentils often added.
Samosa	An appetizer in which a filling of cooked meat or vegetables is wrapped in pastry and deep-fried.
Vindaloo	A very hot and spicy type of Indian curry.
Tandoor	An oven typically made of clay.
Spice	A dried plant part that is added to food to give it flavour.

Set yourself a target! By the end of this topic, what do you want to achieve?

Did you achieve your target? Yes / No