



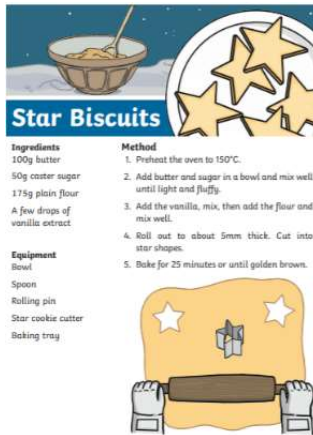
Design and Technology Knowledge Organiser

Year 3: Autumn Term - Food

Celebrating culture – Adapt a Recipe

Design, make and evaluate Christmas biscuits to sell.



Key Knowledge	Key Skills	Key Vocabulary																								
Learn this information	Practise and perform these skills	Understand these key words																								
Healthy Diet and Nutrition: It is important to eat a healthy, balanced diet. It is an important part of keeping your body healthy and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink.  Food and Special Occasions: One way in which special occasions are often celebrated is by eating special food. At Christmas time, people enjoy indulging in delicious foods as a treat. Recipe: A recipe is a set of instructions that describe how to prepare or make food. It often includes: Ingredients – The food items you need and the quantities of each. Equipment – The utensils or equipment you need in order to make the food. Method – A step by step set of instructions, telling you how to make the food using the ingredients and equipment. It also sometimes has photographs or diagrams to show you the final product or to help you with the steps in the method. 	Skills and Techniques: Cracking an Egg: Practise cracking an egg. Use the shell or a teaspoon to remove any unwanted shell pieces.  Combining Ingredients: Mixing: Use a utensil such as a wooden spoon to mix and combine ingredients.  Whisking: Using a handheld or electric whisk, whisk the ingredients together ensuring they are fully combined.  Shaping the Biscuits: By rolling the biscuits into balls or using a rolling pin and cookie cutter, shape your biscuits before putting them into the oven.  Recipe: Follow and adapt a simple recipe. - Remove, substitute or add additional ingredients to a recipe to adapt it. - Ensure you have all the ingredients and utensils needed before you start. - Follow the recipe step-by step. - Look at the measurements carefully. - Read timings and use a timer precisely to ensure you don't under/over cook. - Refer back to the recipe throughout.	<table><tr><th>Vocabulary</th><th>Definition</th></tr><tr><td>Adapt</td><td>To change or alter something to fit a given purpose or to improve it.</td></tr><tr><td>Appearance</td><td>How something looks.</td></tr><tr><td>Budget</td><td>To set an amount of money that can be used for something and then making sure you don't overspend.</td></tr><tr><td>Evaluate</td><td>When you look at the good and bad points about something, then think about how you could improve it.</td></tr><tr><td>Flavour</td><td>How food or drink tastes (for example: sour, sweet, bitter, salty).</td></tr><tr><td>Ingredients</td><td>Items that make up a mixture. For example, foods that make a recipe.</td></tr><tr><td>Method</td><td>Following a process or list of instructions.</td></tr><tr><td>Quantity</td><td>An amount of an item</td></tr><tr><td>Recipe</td><td>A set of instructions for marking or preparing a food item or dish.</td></tr><tr><td>Sugar</td><td>A sweet substance which can be added to or occur naturally in food.</td></tr><tr><td>Unit of measurement</td><td>The unit which you use to measure a quantity (e.g. grams, litres, teaspoons).</td></tr></table>	Vocabulary	Definition	Adapt	To change or alter something to fit a given purpose or to improve it.	Appearance	How something looks.	Budget	To set an amount of money that can be used for something and then making sure you don't overspend.	Evaluate	When you look at the good and bad points about something, then think about how you could improve it.	Flavour	How food or drink tastes (for example: sour, sweet, bitter, salty).	Ingredients	Items that make up a mixture. For example, foods that make a recipe.	Method	Following a process or list of instructions.	Quantity	An amount of an item	Recipe	A set of instructions for marking or preparing a food item or dish.	Sugar	A sweet substance which can be added to or occur naturally in food.	Unit of measurement	The unit which you use to measure a quantity (e.g. grams, litres, teaspoons).
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