



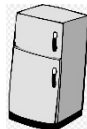
Design and Technology Knowledge Organiser

Year 4: Autumn Term - Food

Healthy and Varied Diet

Design, make and evaluate a healthy pizza for themselves and their family for a celebration meal.



Key Knowledge	Key Skills	Key Vocabulary																																		
Learn this information	Practise and perform these skills	Understand these key words																																		
Pizza: The predecessor to pizza was a flatbread eaten by the Romans to which toppings were then added.  Modern pizza (with the adding of a tomato sauce) was developed in Naples in the late 18th century.  Passata is an uncooked tomato puree that has been strained of seed and skins. It originated in Italy and is used as the tomato sauce on the base.  Cheese is a dairy product derived from milk. The most popular cheese used on a pizza is mozzarella which is a Southern Italian cheese.  Franco Pepe: Franco Pepe is a famous Italian chef who specialises in pizza. He never uses scales, recipes or machinery. He has learnt how the dough should feel when it's ready from his father. He sources every ingredient from the immediate area for his restaurant 'Pepe in Grani' opened in 2005.  Reared, Caught and Processed Food: Reared food is where animals are brought up for the purpose of providing food for their meat or other food sources such as eggs or milk.  Caught food is animals, birds, fish and shellfish caught in the wild for eating.  Processed food has been altered from its natural state, either for safety reasons or because it makes them easier to store or eat. 	Skills and Techniques: To chop, peel and grate vegetables safely using the most appropriate techniques.  How to cut safely: Bridge technique: Using one hand, make a bridge over the vegetable or fruit with fingers on one side and thumb on the other. Cut down under the 'bridge'.  Claw technique: Create a claw so the tips of your fingers are tucked away.  Fork hold technique: Use a fork to hold the vegetable or fruit.  How to peel safely – peel away from yourself. Peel from the middle of the food and rotate.  How to grate safely: Grate away from yourself with the grater positioned downwards against the surface.  To measure accurately: Measuring jug (ml) – fill liquid until it reaches the required amount looking at the line carefully. Pour some away if there is too much   Electronic scale (g) – ensure the display shows 0 before adding your ingredients to ensure you measure out the correct weight. Knead and roll dough: Knead dough using the 'heel, flip, turn' method.  Roll dough using a rolling pink and regularly apply flour to avoid the dough sticking to the surface and the rolling pin. 	<table><tr><th>Vocabulary</th><th>Definition</th></tr><tr><td>Balanced Diet</td><td>Eating a varied and healthy diet, gives your body the nutrients it needs to function correctly.</td></tr><tr><td>Caught Food</td><td>Animal, birds, fish and shellfish caught in the wild for eating.</td></tr><tr><td>Combine</td><td>To bring or join together into a whole.</td></tr><tr><td>Dough</td><td>A thick mixture of flour and a liquid such as water or milk that is prepared for baking into bread or cake.</td></tr><tr><td>Grate</td><td>To break into small pieces e.g. cheese.</td></tr><tr><td>Hygienic</td><td>Keeping yourself and the environment clean.</td></tr><tr><td>Ingredients</td><td>One of foods or substances that are combined to make a particular dish.</td></tr><tr><td>Knead</td><td>To work and press dough with the palms of the hand or mechanically, to develop the gluten in the flour.</td></tr><tr><td>Nutritional</td><td>The nutritional content of food is all the substances that are in it which help you to remain healthy.</td></tr><tr><td>Preference</td><td>A greater liking for one option over another.</td></tr><tr><td>Processed Food</td><td>Processed foods have been altered from their natural state, either for safety reasons or because it makes them easier to store or eat.</td></tr><tr><td>Reared Food</td><td>Where animals are brought up for the purpose of providing food for their meat or food sources such as eggs or milk.</td></tr><tr><td>Rolling Pin</td><td>A hard, smooth cylinder with handles at each end. It is used to roll dough.</td></tr><tr><td>Roll</td><td>Applying pressure to dough using a rolling pin to flatten a dough and make it even in thickness.</td></tr><tr><td>Savoury</td><td>Food which is salty or spicy rather than sweet.</td></tr><tr><td>Utensils</td><td>A tool for household use.</td></tr></table>	Vocabulary	Definition	Balanced Diet	Eating a varied and healthy diet, gives your body the nutrients it needs to function correctly.	Caught Food	Animal, birds, fish and shellfish caught in the wild for eating.	Combine	To bring or join together into a whole.	Dough	A thick mixture of flour and a liquid such as water or milk that is prepared for baking into bread or cake.	Grate	To break into small pieces e.g. cheese.	Hygienic	Keeping yourself and the environment clean.	Ingredients	One of foods or substances that are combined to make a particular dish.	Knead	To work and press dough with the palms of the hand or mechanically, to develop the gluten in the flour.	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