



Design and Technology Knowledge Organiser

Year 6: Spring Term - Food

Celebrating Culture and Seasonality

Design, make and evaluate a healthy starter, main or dessert to create a three course meal for an end of year celebration.



Key Knowledge	Key Skills	Key Vocabulary																														
Learn this information	Practise and perform these skills	Understand these key words																														
Balanced Diet: A balanced diet is one that fulfils all of a person’s nutritional needs to stay healthy.  The five food groups are: 1. Carbohydrates 2. Fruits and vegetables 3. Protein 4. Dairy 5. Foods high in fat and sugar Seasonality: Climate condition affect when food is produced in the UK. Seasonality is the time of year when a food type is at its best in terms of flavour or harvest.  Some foods are required when they are out of season so producers grow them in greenhouse in the UK or it is produced abroad and imported to the UK. This has a negative impact on the environment as more fertiliser, pesticides and electricity is needed as well as the ‘air miles’ for imports which creates more greenhouse gases. Avoiding Cross-Contamination: Raw meats need to be kept refrigerated and separate from other ingredients (especially ingredients you won’t be cooking).  You should wash your hands before and after handling raw meat. A separate cutting board and knife should be used for raw meats and other ingredients. You should also use different plates and utensils for raw meats and cooked meats. This avoids harmful cross-contamination.	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. 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.  Grating cheese Combine ingredients using an appropriate method for the dish being made.  Mixing to combine ingredients if making savoury muffins or scones  Rubbing in to mix fat and flour if making a yeast-based product  Kneading a bread dough Follow and write a recipe for either a starter, main or dessert. Work hygienically; follow the recipe step-by step; measure out the ingredients accurately; use a timer to ensure you do not under/over cook; refer back to the recipe regularly.	<table><tr><th>Vocabulary</th><th>Definition</th></tr><tr><td>Accompaniment</td><td>Something which goes well together with other foods and drinks.</td></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>Cross-contamination</td><td>Cross-contamination is how bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.</td></tr><tr><td>Flavour</td><td>How food or drink tastes (e.g. sour, sweet, bitter, salty).</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>Nationality</td><td>Belonging to a certain group of people in a particular country.</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>Preparation</td><td>The process of getting ready to make something.</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>Recipe</td><td>A set of instructions for making or preparing a food item or dish.</td></tr><tr><td>Unit of Measurement</td><td>The unit which you use to measure a quantity (such as litres or grams).</td></tr></table>	Vocabulary	Definition	Accompaniment	Something which goes well together with other foods and drinks.	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