



Design and Technology Knowledge Organiser

Year 5: Summer Term - Food

Celebrating culture and seasonality

Design, make and evaluate a seasonal wrap for themselves for lunch on the go.



Key Knowledge	Key Skills	Key Vocabulary																																								
Learn this information	Practise and perform these skills	Understand these key words																																								
Seasonality: Fruit and vegetables naturally ripen during a certain season each year. When they are ripe, they are at their best nutritionally and taste-wise. If you eat ‘seasonally’, you are eating fruit and vegetables during the time of year they are naturally at their best. Many fruits and vegetables can be purchased at supermarkets all year round. This is because they are being grown in greenhouses or imported from other countries. Eating seasonably is a great way of eating more sustainably. It is better for the environment as lower levels of heating, lighting, pesticides and fertilisers are needed for growing fruit and vegetables in season. It also reduces ‘air miles’ for imports.  Jamie Oliver and Tom Kerridge are two chefs who promote cooking with seasonal produce. They also promote varied and healthy diets which can be helped by eating more seasonally. Nutrition: Food packaging contains nutritional information based on how much is in each serving. They show the percentage of recommended daily allowance (RDA). The traffic light system also shows how healthy the food is. The packaging also includes information about: storage instructions, best before (past its best, but still safe to eat) and use by (no longer safe to eat). Each serving (150g) contains <table><tr><td>Energy 1046kJ 250kcal</td><td>Fat 3.0g LOW</td><td>Saturates 1.3g LOW</td><td>Sugars 34g HIGH</td><td>Salt 0.9g MED</td></tr><tr><td>13%</td><td>4%</td><td>7%</td><td>38%</td><td>15%</td></tr></table> of an adult's reference intake Typical values (as sold) per 100g: 697kJ/ 167kcal	Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED	13%	4%	7%	38%	15%	Skills and Techniques: To peel, cut and grate ingredients safely using the most appropriate techniques. How to peel safely – peel away from yourself. Peel from the middle of the food and rotate the fruit or vegetable. How to cut safely – using the bridge or claw technique.  Cutting using the bridge technique Bridge technique: The bridge hold is a safe cutting technique to cut food in halves, quarters or chunks. The fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge.  Cutting using the claw technique Claw technique: Create a claw by partly curling your fingers together into a claw shape. Press the tips of your fingers (nails) against the food to be gripped and then lean your fingers slightly forward of your nails so that you can’t see your nails when you look down.  Grating cheese How to grate safely: Grate away from yourself with the grater positioned downwards against the surface. Recipe: Write and follow a simple recipe. 1. Ensure you have all the ingredients and utensils needed on your work surface or easy to reach before you start. 2. Follow the recipe step-by-step. 3. Look at the measurements carefully and the unit of measurement used. 4. Refer back to your recipe regularly and throughout.	<table><tr><th>Vocabulary</th><th>Definition</th></tr><tr><td>Carbohydrates</td><td>Substances found in certain kinds of food (such as bread and pasta) that provide you with energy.</td></tr><tr><td>Caught Food</td><td>Animal, birds, fish and shellfish caught in the wild for eating.</td></tr><tr><td>Fat</td><td>A substance contained in foods which forms an energy store in your body.</td></tr><tr><td>Imported Produce</td><td>Food which has been brought in from another country.</td></tr><tr><td>Ingredients</td><td>One of foods or substances that are combined to make a particular dish.</td></tr><tr><td>Local Produce</td><td>Food that is produces within a short distance of where it is consumed.</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>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>Protein</td><td>You need protein in order to grow and be healthy. It is a substance found in food and drink such as meat, eggs and milk.</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>Seasonality</td><td>The times of a year when a given type of food is at its peak.</td></tr><tr><td>Source</td><td>The person, place or thing where you get it from.</td></tr><tr><td>Sugar</td><td>A sweet substance which can be added to or occur naturally in food.</td></tr><tr><td>Wholemeal</td><td>Flour or bread made from whole grains of wheat.</td></tr></table>	Vocabulary	Definition	Carbohydrates	Substances found in certain kinds of food (such as bread and pasta) that provide you with energy.	Caught Food	Animal, birds, fish and shellfish caught in the wild for eating.	Fat	A substance contained in foods which forms an energy store in your body.	Imported Produce	Food which has been brought in from another country.	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