

Bomere and the XI Towns Federation Knowledge Organiser—DT

Topic: Food—Healthy and Varied Diet

Class/Year Groups: Y4 Stiperstones

Term: Spring 2024

What you already know?

Know some ways to prepare ingredients safely and hygienically.

Have some basic knowledge and understanding about healthy eating and The eatwell plate.

Have used some equipment and utensils and prepared and combined ingredients to make a product.



Skills and techniques



What you will learn:

Designing

- Generate and clarify ideas through discussion with peers and adults to develop design criteria including appearance, taste, texture and aroma for an appealing product for a particular user and purpose.
- Use annotated sketches and appropriate information and communication technology, such as web-based recipes, to develop and communicate ideas.

Making

- Plan the main stages of a recipe, listing ingredients, utensils and equipment.
- Select and use appropriate utensils and equipment to prepare and combine ingredients.
- Select from a range of ingredients to make appropriate food products, thinking about sensory characteristics.

Evaluating

- Carry out sensory evaluations of a variety of ingredients and products. Record the evaluations using e.g. tables and simple graphs.
- Evaluate the ongoing work and the final product with reference to the design criteria and the views of others.

Technical knowledge and understanding

- Know how to use appropriate equipment and utensils to prepare and combine food.
- Know about a range of fresh and processed ingredients appropriate for their product, and whether they are grown, reared or caught.
- Know and use relevant technical and sensory vocabulary

Vocabulary

name of products, names of equipment, utensils, techniques and ingredients

texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury

hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet

planning, design criteria, purpose, user, annotated sketch, sensory evaluations

Glossary

- **Appearance** – how the food looks to the eye.
- **Texture** – how the product feels in the mouth.
- **Sensory evaluation** – evaluating food products in terms of the taste, smell, texture and appearance.
- **Preference test** – trying different foods and deciding which you like best.
- **Strawberry huller** – tool to remove the stalk and leaves from a strawberry.
- **Processed food** – ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.



National Curriculum Objectives:

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques

