



## Hapton CE Methodist Primary School – Year 6 Spring 1 Knowledge Organiser

### Design & Technology – Designing & making a 3 course meal

I will lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth."

Psalm 121 v 1-2

<p><b>What should I know ...</b></p> <ul style="list-style-type: none"><li>• How to produce detailed lists of ingredients</li><li>• How to select from and use a wide range of tools/ingredients</li><li>• How to identify the strengths and weaknesses of their design ideas</li><li>• How to prepare food products taking into account the properties of ingredients and sensory characteristics</li><li>• How to weigh and measure ingredients using scales</li><li>• Contribute ideas as to what a 'healthy meal' means.</li><li>• Notice the nutritional differences between different products and recipes.</li></ul>	<p><b>I will learn facts on ...</b></p> <ul style="list-style-type: none"><li>• 'Flavour' is how a food or drink tastes.</li><li>• That many countries have 'national dishes' which are recipes associated with that country.</li><li>• That 'processed food' means food that has been put through multiple changes in a factory.</li><li>• That it is important to wash fruit and vegetables before eating to remove any dirt and insecticides.</li><li>• What happens to a certain food before it appears on the supermarket shelf (Farm to Fork).</li><li>• Understand what sustainability is</li><li>• The importance of a healthy diet and an awareness of the Eatwell plate</li><li>• Understand and consider the influence of chefs e.g. Jamie Oliver and Hugh Fearnley-Whittingstall</li></ul> 	<p><b>Key Questions ...</b></p> <ul style="list-style-type: none"><li>• What recipe will I choose for the starter that includes peppers?</li><li>• What recipe will I choose for the main that includes salmon?</li><li>• What recipe will I choose for the dessert that includes pineapple?</li><li>• Does the meal match the Eatwell plate?</li><li>• Is there a balance of food groups?</li><li>• Does the meal look attractive?</li><li>• What ingredients do you need?</li><li>• How long does the recipe take to cook?</li><li>• How long does it take to prepare?</li><li>• What cooking techniques are used?</li><li>• How would you categorise this food – what nationality/food type?</li></ul>								
<p><b>Key Vocabulary and Definition...</b></p> <table><tr><td><b>Sustainable Diet.</b></td><td>Of or related to a method of managing or using a resource so that the resource is not depleted or permanently damaged.</td></tr><tr><td><b>Diet</b></td><td>The food and drink usually eaten and drunk by a person or animal.</td></tr><tr><td><b>Farm to Fork</b></td><td>A sustainable food system which has a neutral or positive environmental impact, helps to mitigate climate change and adapt to its impacts.</td></tr><tr><td><b>Weigh</b></td><td>To measure the weight of by using a scale.</td></tr></table>	<b>Sustainable Diet.</b>	Of or related to a method of managing or using a resource so that the resource is not depleted or permanently damaged.	<b>Diet</b>	The food and drink usually eaten and drunk by a person or animal.	<b>Farm to Fork</b>	A sustainable food system which has a neutral or positive environmental impact, helps to mitigate climate change and adapt to its impacts.	<b>Weigh</b>	To measure the weight of by using a scale.	<p><b>Key skills...</b></p> <ul style="list-style-type: none"><li>• Writing a recipe, explaining the key steps, method and ingredients.</li><li>• Including facts and drawings from research undertaken.</li><li>• Following a recipe, including using the correct quantities of each ingredient.</li><li>• Adapting a recipe based on research. Working to a given timescale.</li><li>• Working safely and hygienically with independence.</li><li>• Evaluating a recipe, considering: taste, smell, texture and origin of the food group.</li><li>• Taste testing and scoring final products.</li><li>• Suggesting and writing up points of improvements in productions.</li><li>• Evaluating health and safety in production to minimise cross contamination.</li></ul>	<p><b>Web links ...</b></p> <p><a href="https://www.jamieoliver.com/features/category/get-kids-cooking/">https://www.jamieoliver.com/features/category/get-kids-cooking/</a></p> <p><a href="https://www.theguardian.com/lifeandstyle/2010/jul/31/children-cooking-recipes-fearnley-whittingstall">https://www.theguardian.com/lifeandstyle/2010/jul/31/children-cooking-recipes-fearnley-whittingstall</a></p> 
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<b>Ingredients</b>	One of the parts of a mixture		
<b>Recipe</b>	A list of ingredients and instructions for making a food dish.		

