

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 style="text-align: center;">What should I know ...</p> <ul style="list-style-type: none"> How to produce detailed lists of ingredients How to select from and use a wide range of tools/ingredients How to identify the strengths and weaknesses of their design ideas How to prepare food products taking into account the properties of ingredients and sensory characteristics How to weigh and measure ingredients using scales Contribute ideas as to what a 'healthy meal' means. Notice the nutritional differences between different products and recipes. 	<p style="text-align: center;">I will learn facts on ...</p> <ul style="list-style-type: none"> 'Flavour' is how a food or drink tastes. That many countries have 'national dishes' which are recipes associated with that country. That 'processed food' means food that has been put through multiple changes in a factory. That it is important to wash fruit and vegetables before eating to remove any dirt and insecticides. What happens to a certain food before it appears on the supermarket shelf (Farm to Fork). Understand what sustainability is The importance of a healthy diet and an awareness of the Eatwell plate Understand and consider the influence of chefs e.g. Jamie Oliver and Hugh Fearnley-Whittingstall <div style="text-align: center;">  </div>	<p style="text-align: center;">Key Questions ...</p> <ul style="list-style-type: none"> What recipe will I choose for the starter that includes peppers? What recipe will I choose for the main that includes salmon? What recipe will I choose for the dessert that includes pineapple? Does the meal match the Eatwell plate? Is there a balance of food groups? Does the meal look attractive? What ingredients do you need? How long does the recipe take to cook? How long does it take to prepare? What cooking techniques are used? How would you categorise this food – what nationality/food type? 								
<p style="text-align: center;">Key Vocabulary and Definition...</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; padding: 5px;">Sustainable Diet.</td> <td style="padding: 5px;">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 style="padding: 5px;">Diet</td> <td style="padding: 5px;">The food and drink usually eaten and drunk by a person or animal.</td> </tr> <tr> <td style="padding: 5px;">Farm to Fork</td> <td style="padding: 5px;">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 style="padding: 5px;">Weigh</td> <td style="padding: 5px;">To measure the weight of by using a scale.</td> </tr> </table>	Sustainable Diet.	Of or related to a method of managing or using a resource so that the resource is not depleted or permanently damaged.	Diet	The food and drink usually eaten and drunk by a person or animal.	Farm to Fork	A sustainable food system which has a neutral or positive environmental impact, helps to mitigate climate change and adapt to its impacts.	Weigh	To measure the weight of by using a scale.	<p style="text-align: center;">Key skills...</p> <ul style="list-style-type: none"> Writing a recipe, explaining the key steps, method and ingredients. Including facts and drawings from research undertaken. Following a recipe, including using the correct quantities of each ingredient. Adapting a recipe based on research. Working to a given timescale. Working safely and hygienically with independence. Evaluating a recipe, considering: taste, smell, texture and origin of the food group. Taste testing and scoring final products. Suggesting and writing up points of improvements in productions. Evaluating health and safety in production to minimise cross contamination. 	<p style="text-align: center;">Web links ...</p> <p style="text-align: center;"> https://www.jamieoliver.com/features/category/get-kids-cooking/ https://www.theguardian.com/lifeandstyle/2010/jul/31/children-cooking-recipes-fearnley-whittingstall </p> <div style="text-align: center;">  <p style="font-size: small;">The five different food groups are: 1. Carbohydrates 2. Fruits and vegetables 3. Protein 4. Dairy 5. Foods high in fat and sugar</p> </div>
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Ingredients	One of the parts of a mixture		
Recipe	A list of ingredients and instructions for making a food dish.		

