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| **Goonhavern Primary School- Design Technology** | | |
| **TOPIC: DT** | **YEAR: 4** | **STRAND: Food** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| * That food has to be farmed, grown elsewhere (e.g. home) or caught. * How to name and sort foods into the five groups in ‘The Eat Well plate.’ * **How to measure or weigh using one of the following: measuring cups, analogue and digital scales.** * **How to chop, mix and peel and grate.** * **That we can follow recipes (that combine images and text) to create different foods.** * Be able to describe flavours and textures. | How to prepare ingredients hygienically using appropriate utensils. |
| How to measure ingredients to the nearest gram accurately. |
| How to follow a recipe and combine ingredients. |
| How to assemble or cook ingredients (controlling the temperature of the oven or hob as required). |
| How to use cooking equipment, including hobs and ovens safely. |
| How to grow herbs from seed to be used in my cooking. |
| How to use knives to dice (onions). |
| That food is grown and caught in the UK, Europe and the wider world. |
| The origin of the spices they are cooking with. |
| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Hygienic | Practise of cleanliness to prevent spread of germs |
| Ingredients | Combination of food used to make a dish |
| Kneading | Work into dough or paste with hands |
| Spices | An aromatic or punjugent substance used to flavour food |
| MIld | Not a strong taste |
| Spicy | Can feel ‘hot’ to taste |
| Dice | Cut into dice like shapes |
| Protein | Provides fuel for our muscles |
| Carbohydrates | Provide slow releasing energy |
| Lentils | A type of pulse that’s high in protein |
| Fat and sugars | A part of food we should eat in moderation |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Projects** |
|  | Judaism Cooking |