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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 |