







## Knowledge Organiser

**Subject: Design and Technology**

**Unit: Seaside snacks**

Overview		
<p>During this sequence of learning, pupils will identify and name a variety of foods before making seaside sandwiches. Children will revisit fruit and vegetables and investigate their taste. They will make - 'fruit or vegetable boats' and a balanced picnic.</p>		
What should I already know?	Vocabulary:	
<p><u>Cooking skills</u></p> <ul style="list-style-type: none"> <li>• Can use some simple equipment - sharp knife, peeler and grater</li> <li>• Can explain that some ingredients need to be washed or peeled before they can be eaten.</li> <li>• Can combine fruits or vegetables.</li> <li>• Can work hygienically by washing hands, food and surfaces.</li> </ul> <p><u>Nutrition</u></p> <ul style="list-style-type: none"> <li>• Can understand that we need food to grow, be active and keep healthy.</li> <li>• Know that a healthy diet means eating a variety of foods that give you nutrients to keep healthy, feel good and have energy.</li> </ul> <p><u>Food knowledge</u></p> <ul style="list-style-type: none"> <li>• Can identify a wide variety of fruit and vegetables</li> <li>• Know that fruits and vegetables taste and smell differently</li> <li>• That different parts of the vegetables and fruit are called - skin, flesh and seeds.</li> </ul> <p><u>Enjoying food</u></p> <ul style="list-style-type: none"> <li>• Can express a preference including like/dislike.</li> </ul>	<p>Balanced plate</p> <p>Savoury</p> <p>Edible</p> <p>Appetising</p> <p>Snacks</p> <p>Five a day</p> <p>Fibre</p>	<p>The right amount of food for each of the food groups.</p> <p>Food that is not sweet.</p> <p>Fit or safe to eat.</p> <p>Nice to eat.</p> <p>A small amount of food eaten between meals.</p>  <p>Eating 5 portions of fruit and vegetables. A portion is the amount they can fit in their hands.</p> <p>Fibre is a type of carbohydrate that the body doesn't break down.</p>
What will I know by the end of the unit?		

<p><u>Cooking skills</u></p> <ul style="list-style-type: none"> <li>• Use a knife, scales, skewers and rolling pin safely.</li> <li>• Can cut and arrange fruits and vegetables into a finished dish.</li> <li>• Know what is meant by 'combine' (join more than one thing to form one substance) and how to combine ingredients.</li> <li>• Can put together a balanced picnic by choosing foods from different food groups.</li> <li>• Can explain the hygiene and safety rules, which need to be followed before, during and after cooking.</li> </ul> <p><u>Nutrition</u></p> <ul style="list-style-type: none"> <li>• Know that healthy means that your body is in a good physical and mental condition and that eating fruit is healthy.</li> <li>• Know that a balanced meal means having a plate that covers the three main food groups.</li> <li>• Can explain that fruit and vegetables have nutritional value and are an important part of our diet.</li> </ul> <p><u>Food knowledge</u></p> <ul style="list-style-type: none"> <li>• Know the following vegetables - sweet potato, courgette/zucchini, bell pepper, aubergine, avocado and know how and where they are grown.</li> <li>• Know the following fruits - oranges, kiwi fruit, starfruit, pear, banana, pineapple, strawberries, mango, cantaloupe melon. Know how and where they are grown.</li> </ul> <p><u>Enjoying food</u></p> <ul style="list-style-type: none"> <li>• Can experience a range of food and explain their opinion.</li> </ul>	<p>Portions</p> <p>Dehydrated</p> <p>Picnic</p> <p>Meat</p> <p>Dairy products</p> <p>Sugar</p> <p>Scoop</p> <p>Muffin tin</p> <p>Toothpicks</p>	<p>A portion is the amount of food on the plate.</p> <p>Your body doesn't have enough water in it to keep it working right.</p> <p>An outdoor meal with food taken along.</p> <p>The flesh of an animal used as food.</p>  <p>Milk and food that is made from milk.</p>  <p>Sugar is a sweet substance from sugar cane and sugar beets.</p>  <p>A pan that has individual pockets.</p>  <p>A small pointed stick.</p> 
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