

Alder Coppice Primary School — Knowledge Organiser

Design & Technology

Year: 4

Unit 2: Food Technology

Links to: Year 4 Science Unit 3/Year 3 DT Unit 3

What I Should Already Know:

The different food groups and the importance of eating a range of foods to maintain a healthy diet.

Fruits and vegetables – 5 portions a day!
A good source of fibre, vitamins and minerals

Carbohydrates – Good for energy

Proteins – 2-3 portions a day – good for building muscle

Fats and oils – small amounts

Dairy – 2-3 portions

In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for us.

Diagrams:



Unit Specific Vocabulary:

Hygienic - the practice of keeping clean to stay healthy and prevent disease

Bacteria - Bacteria, also called germs, are microscopic organisms not visible with the naked eye

Cross contamination - The transfer of bacteria from one surface to another

Microbes - Microorganisms are living things that are too small to be seen with the naked eye.

Preparation - the actions that are performed to prepare food to either ensure that the food we consume is safe to eat or to enhance the flavour.

Storage – methods to keep the food as fresh as possible if not being consumed immediately.

Seasonality - the times of year when the harvest or the flavour of a given type food is at its peak. This is usually the time when the item is harvested.

Sustainability - Eating sustainably is about finding the right balance between your food needs and your food choices. It helps to reduce our carbon footprint.

Dates: Best before / Use by - these are dates to inform you when they will be at their freshest and when you must consume them by in order to be safe.

What I should know at the end of this Unit:

To know the importance of hygiene when storing, preparing and cooking food.

To know what seasonality means and name foods available.

To know what a national dish is.

Seasonality Calendar Examples

(Some foods are available through more than one season)

Spring:

Vegetables: Cauliflower, kale, leeks, purple sprouting broccoli, spinach, spring onions, asparagus.

Fruit: rhubarb.

Summer:

Vegetables; Cucumber, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, beans, garlic, new potatoes.

Fruit: strawberries, blueberries, cherries

Autumn:

Vegetables: pumpkin, shallots, swede, turnips, watercress, wild mushrooms, parsnips, marrow.

Fruits: apples, blackberries, pears.

Winter:

Vegetables: Brussels sprouts, white cabbage, carrots, kale, savoy cabbage, potatoes.

Fruits: apples, pears.

Preparation techniques

Dicing:



Batons:



Slicing



Health and Safety ;

Always hold a knife by the handle and keep your fingers out of the way! Use a **bridging** technique to help you. You can use your hands or a fork.



Cooking Techniques/Methods

Baking

Frying

Steaming

Grilling

Sustainability

- Eating sustainably is about finding the right balance between your food needs and your food choices. It helps to reduce our carbon footprint.
- With modern technology, it is possible to grow and rear food out of season.
- However, growing and rearing foods out of season consumes a lot of energy, because the process takes place in artificial conditions.

Health and Safety

- Remove jewellery and tie back long hair.
- Wear an apron and roll up your sleeves. Tie your apron securely.
- Wash your hands with hot water and antibacterial soap, for at least 20 seconds
- Use different chopping boards and knives for raw meat & other foods.
- Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan.
- Make sure that you clean up properly after yourself.