

Alder Coppice Primary School — Knowledge Organiser

Design & Technology

Year: 3

Unit 3: Food Technology

Links to: Science

What I Should Already Know:

Food helps us to **grow**
We can make **healthy choices** for our bodies
There are **different types** of food (fruit and vegetables)
Food comes from **plants** or **animals** and is **grown, reared** or **caught**
Some foods are **processed (changed)**
There are **different food groups**

Skills & Enquiry:

Communication - To talk about my observations, choices and ideas

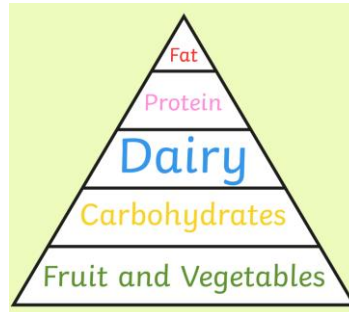
Fine Motor -To develop fine motor skills to use tools to prepare food safely

Thinking-

To develop ideas and share them
To design for a specific purpose

What are the different food groups?

We need to eat foods from a range of different food



You should eat:

Fruit and vegetables – Eat lots! About 5 portions per day.

Carbohydrates – Eat lots! Include in every meal.

Proteins – You should eat about 2-3 portions per day.

Dairy – You should eat about 2-3 portions per day.

Fats and Sugars – Only eat occasionally and in small amounts.

Unit Specific Vocabulary:

Produced - made

Seasonality- foods available at certain times of the year

Sweet - food that tastes of sugar

Savoury - food that does not taste of sugar

Hygienic - being clean to help prevent illness and keep healthy

Food groups - how food is divided by the type of food it is and the nutrients it provides

Import - to buy goods from another country

Export - to sell goods to another country

What I should know by the end of the Unit:

To know the different food groups and some foods which belong to them

To know that some foods produced in the UK are available at certain times of the year

To know how to prepare ingredients and use tools safely

To understand the difference between sweet and savoury

To know why it is important for everything to be clean (to be hygienic) when cooking.

To use my knowledge to design and plan for a purpose

Cooking processes

Cooking processes are the different ways that we heat food before it is eaten.

Baking: to cook food in a heated oven.

Boiling: to cook food in boiling hot water. You can tell it is boiling (100°C) when it bubbles.

Frying: to cook food in a pan of heated oil.

Grilling: to cook food by putting it under a hot grill (like a radiator in a cooker).



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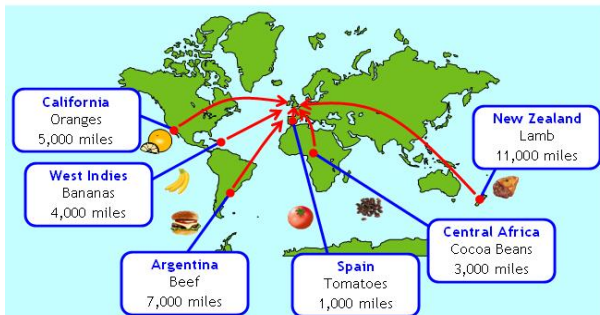
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Food from around the World

A lot of the food we eat is produced locally in the UK. We can trade this food to other countries - **export** it.

Some foods are sometimes only available at certain months of the year - **seasonality**. Foods can be easily made in lots of different countries. However, sometimes the conditions in a country make it perfect for producing certain foods. When we get food from other countries we **import** it. This creates food miles and is not as environmentally friendly.



Sweet and Savoury

Sweet is to describe something pleasant. In food it describes foods that have the taste of sugar in them. Sweet foods are often eaten for desserts or snacks.

Savoury describes the flavour of non-sweet foods. Savoury foods are usually eaten at main meals and satisfy hunger for longer than sweet foods.

A Traditional British Afternoon Tea

Afternoon Tea is a tea-related ritual, introduced in Britain in the early 1840s to prevent hunger before the second meal of the day in the evening.

Food - sandwiches (usually cut delicately into 'fingers'), scones with clotted cream and jam, sweet pastries and cakes.



There are hygiene and safety rules which need to be followed before, during and after cooking to keep you healthy and safe.

- When cooking using heat, always work with an adult and wear protective gloves.
- Wash hands surfaces and utensils carefully.
- Tie hair back and remove jewellery.
- Store different foods separately to stop the spread of germs.
- Keep fresh foods cold and store in the fridge.



Basic cooking skills are required to make a dish.

Grate



Mix



Peel



Snip



Spoon



Spread



Thread



Whisk



Cut/slice/chop



Weigh



- When weighing ingredients, it is important to measure accurately.
- Read the recipe and follow the instructions carefully.