



Edgewood Primary School - Year 3 and 4

Design and Technology – Knowledge Organiser

Cooking and Nutrition: Whole School Cooking Week



Prior Knowledge

Know some ways to prepare ingredients safely and hygienically.

Have some basic knowledge and understanding about healthy eating and The Eatwell Guide.

Have used some equipment and utensils and prepared and combined ingredients to make a product.

Taken part in our Whole School Cooking Week where children prepared a dish and tasted the other year groups.

Key Knowledge for this Unit

Food Preparation

Children will learn how to weigh, measure, slice/grate food ready for combining.

Cooking Preparation

Children will learn how to prepare their equipment for cooking.

e.g. setting an oven to the correct temperature.

Food Hygiene

Children will apply their understanding of food hygiene throughout the cooking process.

Skills

Use a serrated knife to cut hard foods using the bridge hold (LYG) or the claw hold (UYG)

Mix foods in a bowl, including beating and folding.

Use hands to mix and shape doughs into attractive products.

Design a food that is healthy and appealing to the user.

Follow a recipe and begin to use more complex equipment.

Eat Well Plate

Understand how many portions of the 5 food groups we should eat daily and how to have a balanced diet.

Where Food Comes From

Begin to understand that foods are grown, reared, caught and processed.

Understand seasonality and how this impacts the food in our supermarkets.



Examples



Key Vocabulary

sweet, sour, hot, spicy, greasy, moist, cook, fresh, savoury

hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet

bridge hold, claw hold, beating, folding, mixing, chopping

Pop Quiz Questions

- What foods are caught? What foods are reared? What foods are grown?
- What meat comes from a pig? What meat comes from a cow?
- What do you call someone who doesn't eat meat? What do you call someone who doesn't eat any animal products?
- What is the hold called for chopping? Show me how your hand is positioned.
- What do I need to do to keep safe when cooking?