

Year 3 and 4 Spring block Cycle B

Moor First Design and Technology Knowledge Organiser Topic Covered: Food

### What should I already know:

#### Year 3.

- I should be able to cut food safely (chop, peel and grate).
- I should be able to describe the ingredients that I am using.
- I should know the basic food hygiene rules when cooking.

#### Year 4:

- I should be able to describe how food ingredients come together.
- I should be able to measure accurately.

Key Vocabulary	
Chop/slice	Cut something into pieces with a sharp knife.
Peel	To remove the peel from vegetables or fruit.
Grate	The process of transforming firm food into smaller pieces by rubbing the item against a grater.
Drain	To remove excess water or liquid.
Hygiene	The requirement to keep yourself and your environment clean to help maintain health.
Prepare	To make something ready for use.
Season	To improve the flavour by adding salt, herbs, spices or other flavourings.
Nutrients	All the things in food that the body needs to be healthy.
Recipe	A list of ingredients and instructions for making a food dish.
Bridge hold	Form a bridge over the ingredient with your hand, making sure the arch is nice and high so that there is plenty of room for the knife to fit underneath.
Claw grip	Hold down the food with the little finger and thumb, the other fingers should act as stability and control whilst cutting.

#### What will I learn?

- I will follow a recipe to create a meal.
- I will learn that food is grown, reared and caught in the UK, Europe and the wider world.
- I will understand seasonality.
- I will learn how to use the bridge hold and claw grip when cutting ingredients.
- I will know that a healthy diet is made up from a variety and balance of different food and drink as depicted fro, 'The Eatwell Plate'.

# WEAVING CONCEPTS







## HYGIENE



Wash hands before and after preparing food. You will need to rewash your hands if you sneeze or cough whilst you are preparing food.



Remember to tie your hair back and take any jewellery off.



