

Preston Primary School Knowledge Organiser



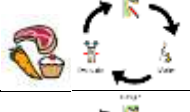


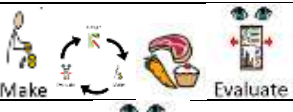

Topic: DT Cooking and Nutrition

Term: Autumn 2











Year: Unit 2 years 1 & 2

Duration: 5 weeks

The Powerful Knowledge we will take away from this Learning Enquiry (what will be learning):

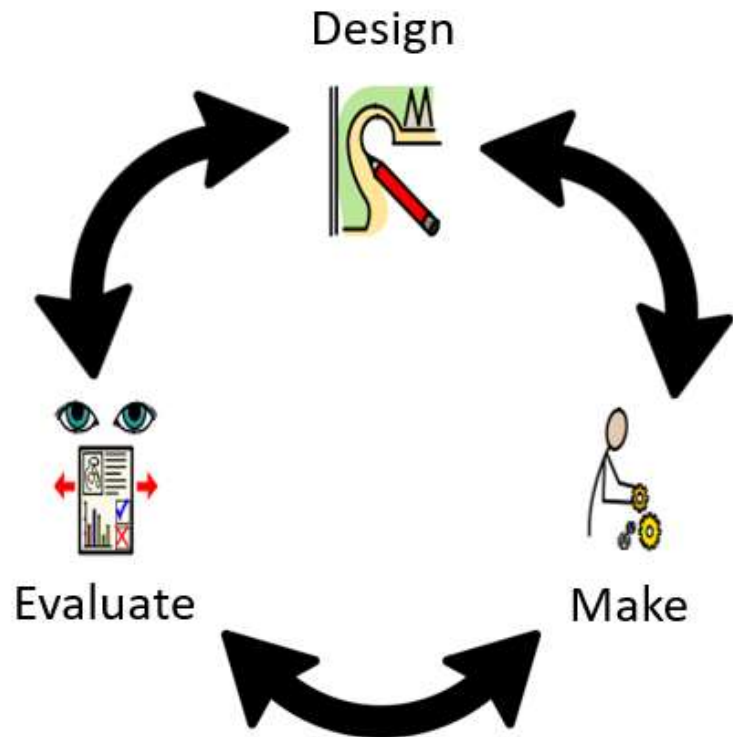
	Know that everyone should eat a balanced diet and can explain what a balanced diet is.
	Use the basic principles of healthy eating to design and make a meal.
	Understand and demonstrate how to prepare food safely and hygienically.
	Understand that ingredients cost money but you can grow some yourself.
	Select from and use a range of tools and equipment to perform practical tasks such as cutting, peeling and grating.
	Make and prepare a meal based on your design criteria.
	Evaluate your dish based on its taste and appearance and against your design criteria.

Our Key Vocabulary:

Word	Image	Meaning
Design criteria		The specific and concise requirements that a product must meet in order to be successful. This is used to evaluate the final product.
evaluate	 Evaluate	To form an opinion of the amount, value or quality of something after thinking about it carefully.
Healthy		Good for your health.
design	 Design	The art or process of deciding how something will look, work, etc. by drawing plans, making computer models, etc.
Balanced Diet		A combination of the correct types and amounts of food. If you have a balanced diet, you are getting all the vitamins you need.
Knead		To press something, especially a mixture for making bread, firmly and repeatedly with the hands and fingers.
Hygienic		Clean, especially in order to prevent disease. Food must be prepared and stored in hygienic conditions.
Grate		To rub food against a grater in order to cut it into a lot of small pieces.
Make		To put parts together or combine to create something new.
Dough		Flour mixed with water and often yeast, fat, or sugar is combined to make a dough for baking.

The Design, Make and Evaluate Model of Design and Technology:

We will use the Design, Make and Evaluate continuous cycle during every Design and Technology lesson. The cycle shows how we will be constantly evaluating during the design and make stages to improve our products or dishes along our invention journey. As well as evaluating our final product or dish at the end of our long enquiry to conclude what went well, what we would improve next time and what challenges we have faced along the way.



What I already know:

In Unit 1 I learned to...

Measure and weigh food items using non-statutory measures e.g. spoons and cups.

Begin to work safely and hygienically.

Explore familiar food products e.g. fruit, bread.

Begin to learn to stir, spread, knead, chop and shape a variety of food ingredients.

Last year, in Year 1 I learned to...

Understand that all food comes from plants or animals.

Know that food has to be grown elsewhere, grown or caught.

Know that everyone should eat a balanced diet and can explain what a balanced diet is.

Images:

