

Spring Partnership Trust – Knowledge Organiser

DT Focus	Food	Year 3
Tomato Tart		
Design Brief Design and make a tasty tomato tart as part of a healthy, balanced meal.		

What? Key Skills		
Design	Make	Evaluate
<ul style="list-style-type: none"> To demonstrate an understanding of where food comes from and seasonality. 	<ul style="list-style-type: none"> To follow safe procedures for food safety and hygiene. To measure ingredients to the nearest gram or millilitre accurately. To follow a recipe to assemble or make a healthy meal (controlling timing and the temperature of the oven or hob if cooking). To cut, slice, peel, grate and juice ingredients safely. To be able to use different food preparation techniques, eg cutting (bridge and claw), grating, spreading, etc. 	<ul style="list-style-type: none"> To explore and evaluate a range of existing products, identifying likes and dislikes and suggesting improvements.

Key Vocabulary	
Design Brief	a description of what a new project or product should do and what is needed to produce it
Design	a plan to show the look and function or workings of a product before it is made
Make	create something by putting parts together
Evaluate	to judge the quality of a product and how well it meets the design brief
Food groups	a collection of foods that have similar nutritional properties.
Carbohydrates	A food group that gives us energy that is used by the body
Protein	a food group that helps us grow and build muscle
Dairy	a food group that is important for strong teeth and bones
Chopping	cut (something) into pieces with repeated sharp movements of a knife
Baking	cook in an oven
Rolling	to remove the outer coating of skin from fruits or vegetables
Grating	to create small shreds of food by rubbing it on a grater
Measuring	use a device, e.g. scales, to get the right amount of something needed in a recipe

Food Hygiene/Safety

Are you safe?

- When is it important to wash your hands?
- Is the kitchen, work surface and food equipment clean?
- How should raw and cooked food be handled and stored?
- How would you know how long these foods last?
- How can you make sure that microbes do not multiply quickly?
- Where should raw meat be kept in a fridge?
- What should you do before you cook?
- Where should these foods be stored?
- Enjoy your food!

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Pictures and Diagrams

Food Groups

- Fruit and Vegetables:** Aim to eat 5 a day! Dried, frozen and tinned fruit and vegetables count as well as fruit juices.
- Bread, rice, potatoes and pasta and other starchy foods:** These are important for giving us energy.
- Milk and dairy foods:** These are important for strong teeth and bones.
- Foods and drinks high in fat and/or sugar:** These are important too, but you should only eat a little bit!
- Meat, fish, eggs, beans and other non-dairy sources of protein:** These are very important for helping us grow and build muscles.

WHAT'S IN SEASON WHEN?

SPRING	SUMMER	AUTUMN	WINTER
APRILS CABBAGES CUCUMBERS Egg (Eggs) GROWING VEGETABLES GREENS MAYONNAISE	AVOCADOS BROCCOLI CABBAGES CUCUMBERS HERBS MAYONNAISE PEPPERS TOMATOES	APPLES BLACKBERRIES CABBAGES CARROTS PUMPKINS RASPBERRIES SQUASH SWEET POTATOES TARTAN	APPLES BLACKBERRIES CARROTS CABBAGES CELERY LEMONS LIME PUMPKINS RASPBERRIES TARTAN

The Bridge

The Claw

The Fork Secure