

Spring Partnership Trust – Knowledge Organiser

DT Focus	Food	Year 4
Seasonal Meal		
Design Brief		
Create a meal that has a balance of ingredients the eat well plate, includes a varied selection of seasonal ingredients, is interesting and tasty and visually appealing.		
What? Key Skills		
Design	Make	Evaluate
<ul style="list-style-type: none"> To demonstrate an understanding of where food comes from and seasonality. To demonstrate an understanding of importing and processing 	<ul style="list-style-type: none"> Discuss the important of food hygiene and how to stay hygienic. Discuss and understand how to stay safe To understand different techniques required to make a meal To make a meal in a hygienic and safe environment using a range of techniques 	<ul style="list-style-type: none"> To evaluate what part you found tricky, what you learnt and what would you do differently To check if your design met the brief

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
Seasonality	Food that you may find during a particular season
Rearing	Looking after an animal that is bred for their use, e.g. farming, pleasure, profit
Processing	Preserving food so that it does not go off
Importing	Bringing foods or other goods into a different country from abroad to sell.

Food Hygiene/Safety

Are you safe?

- When is it important to wash your hands?
- Is the kitchen, work surfaces 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.
- Meat, fish, eggs, beans and other non-dairy sources of protein:** These are very important for helping us grow and build muscles.
- Foods and drinks high in fat and/or sugar:** These are important, but you should only eat a little bit!

WHAT'S IN SEASON WHEN?

SPRING	SUMMER	AUTUMN	WINTER
APRILS CABBAGES CUCUMBERS EARS OF CORN GROUNDSWELL	AVOCADOS CABBAGES CUCUMBERS PEAS PUMPKINS SALADS SPINACH TOMATOES	APPLES BLACKBERRIES CUCUMBERS PEAS PUMPKINS SALADS SWEET CORN	APPLES BLACKBERRIES CABBAGES CARROTS CELERY LEAKS PUMPKINS POTATOES SWEET

The Bridge

The Claw

The Fork Secure