

Spring Partnership Trust – Knowledge Organiser

DT Focus	Food	Year 1
Salads		
Design Brief Design and make a salad that supports a healthy balanced diet.		
What? Key Skills		
Design	Make	Evaluate
<ul style="list-style-type: none"> To use the basic principles of a healthy and varied diet to prepare dishes. To demonstrate an understanding of where food comes from. 	<ul style="list-style-type: none"> To follow safe procedures for food safety and hygiene. To cut, slice, peel, grate and juice ingredients safely. To combine ingredients in different ways, eg mixing, stirring, folding, etc 	<ul style="list-style-type: none"> To explore and evaluate a range of existing salads, 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
Fruit	the fleshy product of a tree or other plant that contains seed and can be eaten as food
Vegetable	a plant or part of a plant used as food, such as a cabbage, potato, turnip, or bean
Healthy	when something forms part of a balanced diet and is considered to be good for our health
Seasonal	something that is ready to eat during a particular season of the year
Food Hygiene	the measures we take to ensure that food is safe to eat
Recipe	a set of instructions we follow to make a food product or meal
Peeling	to remove the outer coating of skin from fruits or vegetables
Grating	to create small shreds of food by rubbing it on a grater
Mixing	to combine or put ingredients together to form a mixture
Juicing	to remove the juice from a piece of fruit

Food Hygiene/Safety

Wash hands and remove jewellery and nail varnish

Tie hair back

Wash surfaces

Roll sleeves up

Put apron on.

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 too, but you should only eat a little bit!

Cutting techniques

The Bridge

The Claw

The Fork Secure