

Design and Technology Knowledge Organiser

Southwold Primary School



Topic: Preparing Fruit/Vegetables to use in Bread

KS1

Strand: Cooking

What should I already know?

- How to stir, mix and pour.
- Some ways to make an activity safe and **hygienic**.
- That some food is **healthy** and we should eat it often, other food is **unhealthy** and this is eaten as a treat.



Design



Vocabulary

ingredients	The different foods you use to make a meal.
healthy food	Food that will help your body have good nutrition.
Unhealthy food	Foods that we should not eat all the time to keep our bodies in good condition.
hygiene	Keeping clean, (especially our hands) so the food is safe to eat.
dough	Uncooked mixture of ingredients used to make bread, cakes or pastry.
knead	To press firmly and repeatedly with the heel/knuckle of one hand then fold dough back over.
Texture. Appearance	The feel or consistency of a surface or object. What it looks like.
flavour	How it tastes. (Bitter, sweet, nutty, sour, salty)
rise	When dough doubles in size when left in a warm place.
sweet	Sugary.
savoury	The opposite of sweet-usually dishes cooked without sugar.

What will I know by the end of this unit?

- Ways that I can work safely & **hygienically**
- Where some foods come from, (i.e. plant or animal)
- There are differences between some food **flavours** such as **sweet, bitter, sour**.
- Everyone should eat at least five portions of fruit and vegetables every day as part of a **healthy** diet.
- There are five different food groups on the Eatwell Plate. We should eat more from some food groups:
- That fruit and vegetables are grown and they come from.
- Fruit and vegetables need to be prepared through washing, peeling, chopping and grating.
- How to cut, peel and grate with increasing confidence.



What will I be able to do by the end of this unit?

Design:

- Explore and evaluate a range of breads, fruits & vegetables, thinking about **taste, texture** and **appearance**.
- Use what I have found from my investigation to design a fruit/vegetable bread.
- Think about who my bread is for and design for them.
- Communicate ideas by creating a labelled design with ingredients, what I will need and how I will make it.

Make :

- Make a **healthy** fruit/vegetable bread whilst following **hygiene** and safety rules.
- Knead my dough as shown.
- Select and use a range of tools and equipment.
- Use **ingredients** and method from my design.



Evaluate:

- Explore and evaluate a range of breads, fruits & vegetables, thinking about **taste, texture** and **appearance**.
- Look at the design, does your bread look like your design? Does it fit the design criteria?

Design Technology: Skills and Enquiry

- Use a range of tools and equipment safely.
- Techniques (Peeling, cutting, grating, slicing and kneading).
- Measure and weigh food items using non-standard measures? e.g. cups and spoons.
- Explain why I have chosen **ingredients** and equipment.

Health and Safety

Use a knife safely with a bridge hold.



Wash your hands to keep food safe to eat.

