

Design and Technology Knowledge Organiser

Topic: What techniques & processes could we use to improve the Stone age diet?

Year LKS2

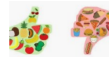
Strand: Cooking

Southwold Primary School



What should I already know?

- How to work safely & hygienically.
- Where some foods come from, (i.e. plant or animal)
- The difference between some food groups (i.e. sweet/sour.)
- What the eat well plate is explaining there are groups of food and describing "five a day"
- The importance of varied diet.



What will I know by the end of this unit?

- That a healthy diet is a variety and balance of food/drinks
- How to compare diets now to the past and why.
- How to prepare and cook dishes safely and hygienically with a **heat source**.
- How to improve skill with techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.
- How to make a product look **appealing**.
- How to select some of my own ingredients hot and cold dish.
- Understanding ingredients can be **fresh, pre-cooked or processed**.



Design Technology: Skills and Enquiry

- Use a range of tools and equipment to make more than one dish including with a heat source.
- Use different techniques such as peeling, cutting, chopping, spreading, baking, grating, slicing.
- Measure and weigh food items using standard measures.
- Explain why I chose **ingredients** and equipment and how I made my dish more appealing.

Design

Stone Age dishes



Barley tea Sour cream cheese Stew Oatcakes

Using weighing scales:

- Ensure the scales are on zero before adding the ingredients.
- Identify the markings for the measurement you are looking for before you start weighing. (**kg, g**)
- Bend down to read the scale at eye level. (**l, ml**)
- Use a spoon to add a small amount at a time.



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

Design

- Explore and evaluate a Stone Age diet thinking about **availability, seasonality, taste, texture** and **appearance**.
- Use what I have found from my investigation to design adapted more appealing dishes. Think about who the dish is intended for and why.
- Communicate ideas by creating a labelled design with ingredients, what I will need, how I will make it & order of the steps to do so.

Make

- Make a **healthy** adaptation of a Stone Age dish whilst following **hygiene** and safety rules.
- Explain reasons for adaptation and choices.
- Select and use a range of tools and equipment, including weighing and measuring ingredients using scales.
- Select and use a range of tools and equipment, including
- Use **ingredients** and method from my design.

Evaluate

- Explore and evaluate a Stone Age diet thinking about **availability, seasonality, taste, texture** and **appearance**. Use this to influence your design.
- Does your dish look like your design? Does it fit the design criteria?
- Did you work hygienically and safely including with a heat source?

Vocabulary

appealing	Making a dish attractive and interesting.
heat source	Oven, grill, cooker, microwave.
seasonality	The times of year when the harvest or the flavour of a given type of food is at its best
fresh	Food that is not preserved by canning or dehydration, freezing or smoking.
pre-cooked	Food that has already been cooked once.
processed	Food that has been changed in some way during preparation such as: freezing; canning, baking, drying.
Kg g l ml l	Solids measured in kilograms and grams. Liquids measured in litres and millilitres 1000g=1kg 1000ml=1l
adapt	Change something to make it suitable for a new purpose or situation.
grown/farmed	Grown, bred, or raised on a farm.
reared caught	To breed and raise (an animal) for use or market animals taken directly from the wild.

Health and Safety

- Knives must be carried pointing downwards with a firm grip on the handle. Peelers and graters are sharp. Keep fingers away from the sharp edges.
- Use oven gloves when removing items from the oven and always do this with an adult.
- Always wash your hands with soap and warm water before touching food.
- Ensure all surfaces are clean and equipment are clean before you start cooking.

