

Design and Technology Knowledge Organiser

Southwold Primary School



Topic: Victorians


Year UKS2

Strand: Cooking

What should I already know?

- That a healthy diet is a variety and balance of food/drinks
- How to compare diets now to the past (Stone Age) 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 for hot and cold dish.
- Understanding ingredients can be fresh, pre-cooked or processed.
- What seasonality with food sources means.

What will I know by the end of this unit?

- Foods contain different amounts of carbohydrates, fats, protein, vitamins & minerals. Nutritional information is shown on packets using the traffic light system.
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- What a typical Victorian diet looked like compared to today's and how both diets can affect health.
 - Adapting a recipe changes the taste, appearance, aroma and texture of a food.
 - Adapting can mean adding or substituting ingredients.
 - How to plan and deliver my own menu which considers the wants and needs of my user.
 - How to demonstrate skill with different cooking techniques, working safely and hygienically including with a heat source.

Design Technology: Skills and Enquiry

- Seasonality affect the ingredients available then and now.
- Demonstrate skills and techniques previously learned to create my own menu.
- Write my own recipe(s) using standard measurements.
- Explain how our knowledge of food and health has developed.
- Name different chefs and discuss their practise.

Design



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

Design

- Draw on market research to inform design.
- Research consumers' needs and wants.
- Create own design criteria & specification.
- Include standard measurements for my recipe.

Make

- Weigh and measure ingredients accurately.
- Use suitable tools, equipment, materials accurately and safely.
- Create, follow and adapt detailed step-by-step plans, making changes to improve quality.
- Accurately apply a range of finishing techniques.
- Demonstrate a high level of skill with techniques previously learned.



Evaluate

- Evaluating quality of design against specification while designing and making; is it fit for purpose.
- Testing and evaluating final product; explain what would improve it and the effect different resources may have had.
- evaluating how much products cost to make and how innovative they are acting on peer evaluation.
- Consider the impact of products beyond their intended purposes.
- Discuss some key chefs relevant to my work.

Vocabulary

traffic light system	Designed to empower consumers, so they can easily compare the nutritional contents of different products and make healthier choices.
aroma	How something smells.
adapting	Make (something) suitable for a new use or purpose; modify.
substituting	Use or add in place of.
heat source	Oven, grill, cooker, microwave.
market research	Gathering information about consumers' needs and preferences.
standard measures	kg and g. L and ml. tsp, tbsp
finishing techniques	The final process of making your dish aesthetically pleasing to the consumer.
seasonality	The times of year when the harvest or the flavour of a given type of food is at its best.
consumer	The person who will be eating your dish.

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.

