



Design & Technology

Food

Year 4

Spring Term

Statutory Requirements

Cooking & Nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils will be taught to:

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Key Knowledge

Research	Finding out ideas and/or information
Existing products	Products which have already been made.
Design	Thinking and creating ideas to solve a problem or meet a purpose
Prototype	A trial/test of a product before the final version.
Target Market	A group of people who will benefit/use the product.
Evaluate	To check and make decisions throughout the design and making process are going to plan. To judge the quality of the final product

Prior learning

Food taught in Year 1 and 2 making healthy snacks and savoury muffins using a variety of practical skills

Key Vocabulary (Food)

Spelling	Definition
Diet	Food and drink consumed by a person
Balanced diet	Eating the right amounts of food in each food group to maintain good health
Food groups	A collection of foods which have similar nutritional values
Food Hygiene	Ways food is kept safe and clean to eat so people don't get ill.
Nutrition	Nutrients are in the food we eat so our bodies can function well.
Ingredients	Foods which are put together to make a food product.
Utensils	Equipment or tools used for making food products.

Experiences

(e.g. pasta dishes)

- Recap what a balance diet is with the different food groups and look at where different foods come from.and what seasons we get certain foods.
- Investigate different existing ideas on the market.
- Taste test different food for potential ingredients to make their product unique.
- Create own design ideas to meet needs of target market.
- Practice using practical skills safely and hygienically which may include using a hob.
- Make basic product by following a recipe and evaluate to decide on improvements for a unique final design.
- Use CAD (e.g. make a label, ingredients list or poster ad)
- Make own final product with improvements and evaluate

Safe practical techniques

Cutting (claw method)

<https://youtu.be/MVuKxKvn>



Cutting (bridge method)

<https://youtu.be/MPnBzCk>



Grating

<https://youtu.be/v4keMFH7CIU>



Peeling

<https://youtu.be/v4keMFH7CIU>

