

Year 6



Knowledge Organiser: D&T - Food

Project Ideas – *Bread, Burgers, British Dishes*

Key Vocabulary

Substance	Nutrients	Water
Fibre	Health	Variety



Key Learning

- Know that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world
- Understand that seasons may affect the food available
- How food is processed into ingredients that can be eaten or used in cooking
- How to prepare and cook a variety of predominantly savoury dishes safely and hygienically including the use of a heat source
- How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking
- Know that a healthy diet is made up from a variety and balance of different food and drink, as depicted in, 'The Eatwell plate'
- Know that different food and drink contain different substances – nutrients, water and fibre – that are needed for health

In Year 5, you learnt:

- That food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world
- How to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source
- How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking that a healthy diet is made up from a variety and balance of different food and drink, as depicted in, 'The eatwell plate'.

Skills

<i>Design</i>	<i>Make</i>	<i>Evaluate</i>
Use research using surveys, interviews, questionnaires and web-based resources to develop a design specification. Develop a simple design specification to guide the development of their ideas and products, taking account of constraints including time, resources and cost. Generate and develop innovative ideas and share and clarify these through discussion.	Formulate a step-by-step plan to guide making, listing tools and equipment. Use finishing and decorative techniques suitable for the product they are designing and making.	Continually evaluate and modify the features of the product to match the initial design specification. Critically evaluate their products against their design specification, intended user and purpose, identifying strengths and areas for development.

My recipe contains... These nutrients provide...

I included fibre by..

A varied diet is...

Health & Safety

Remove any jewellery and tie back long hair. Ideally, wear a hair net.

Wear an apron and roll up your sleeves. Tie your apron securely.

Wash your hands with hot water and antibacterial soap for at least 20 seconds

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods. This stops bacteria spreading.

Use a food thermometer to check that food is cooked through.

Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan

Make sure that you clean up properly after yourself.



