A HEALTHY OUTSIDE STARTS FROM THE INSIDE.

DT: Food Technology Knowledge Organiser – Fit for Royalty.   Lower KS2: Yr3

Opportunities for teaching Diversity, Equality & Cultural Capital:
Visit a farm to explore what is produced locally. Find out what crops are grown and how they are harvested. Learn which animals are reared and why.
Ask a local chef to visit or take a trip out to a restaurant kitchen to watch a chef.
(eg Raithwaite Hall, Toby Carvery on Marton Road)

Key Knowledge: Food Groups and a Healthy and Varied Diet

You should now know how much to eat of each food group

Fruit and vegetables – Eat lots!
About 5 portions per day.

Carbohydrates – Eat plenty!
Include in every meal.

Proteins – You should eat about
2-3 portions per day.

Dairy – You should eat about 2-3
portions per day.

Fats and Sugars – Only eat
occasionally and in small amounts.

In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups.
Too much of any one food group is not healthy for us.

Could you design your own plate by thinking about foods that go well together, and promote a balanced diet?

Quick Quiz.
Can you name the five main food groups?

Can you list at least 3 foods we can grow and 3 we need to raise?

Can you explain why it is not healthy to eat too much sugar?

What you will have learnt by the end of this unit.

❖ To use simple research methods to inform the design of products
❖ To select from a wider range of tools and equipment to perform practical tasks with increasing accuracy
❖ To select from and use a wider range of ingredients and materials according to their properties
❖ To evaluate ideas and products against design criteria to make improvements

What you have already learnt in Yr2.

➢ Use previous experience of generating, developing and modelling ideas through a range of ways to develop ideas for meal planning
➢ To select from and use a range of tools and equipment safely to perform practical tasks
➢ To select from and use a wide range of ingredients according to their properties
➢ To evaluate their ideas and products against design criteria such as taste and appearance

Recall and Remember:

Grown, Raised, Caught

Food comes from plants and animals; to get food, we need to grow it, raise it, or catch it.

To get meat, we need to raise animals. Beef is the meat we get from cattle, lamb and mutton from sheep, pork and ham from pigs. We also get meat from chicken and other birds.

To get eggs, we need to raise chickens. Eggs are laid by female chickens.

Cheese and other dairy products are made from milk collected from cows.

To get fruit, vegetables, grain, nuts and seeds we need to grow and harvest the plants.

To get any type of fish, we need to either catch or farm the fish.

Key Food Technology Skills I will use.

Preparing Processes
Preparing processes are the different ways that we get food ready to be eaten.

Slicing: cutting food using a knife.
Mixing: to blend ingredients together, using a spoon, blender, or whisk.
Weighing/measuring: to get the right amount of an ingredient, using scales, table/teaspoons
Grating: To peel a layer off something (like carrots or cheese) using a peeler or grater.
Serving: making food look nice on the plate.

Cooking Processes
Cooking processes are the different ways that we heat food before it is eaten.

Baking: to cook food in a heated oven.
Boiling: to cook food in boiling hot water.
You can tell it is boiling (100°C) when it bubbles.
Frying: to cook food in a pan of heated oil.
Grilling: to cook food by putting it under a hot grill (like a radiator in a cooker).

My skills and Knowledge that I may use from other subjects - Science

➢ Know that materials change state when heated/cooled.
➢ Know that humans, need the right types and amount of nutrition, and that they cannot make their own food; they get their nutrition from what they eat.

Key Vocabulary

Food groups	Groups in which different foods are placed according to the type of nourishment they supply,
Carbohydrates	A nutrient essential for energy. Carbohydrates are sugars, starches & fibres found in, grains, (bread, pasta, cereals) vegetables such as potatoes, & root veg, fruit & milk products.
Protein	A nutrient essential to building muscle mass. It is commonly found in animal products, but is also present in nuts & legumes
Fat	A dense energy supply & a source of essential fatty acids, which the body cannot make itself.
Dairy	Milk & food that is made from milk – they contain the 3 main food groups.
Sweet	Food that has a pleasant taste characteristic of sugar or honey.
Sour	Food that has an acid taste like lemon or vinegar.
Savoury	Food that is salty or spicy
Ingredients	Foods that are combined to make a particular dish.
Imports	Food we buy from other countries
Exports	Food grown or produced in the UK and sold to other countries

What you will have you learnt by the end of LKS2.

To follow a step-by-step recipe choosing the right equipment and materials.
To design a food product and make sure that it looks attractive.
To select the most appropriate tools and techniques for a given task.
To work accurately to measure and weigh out ingredients.
To name the 5 different food groups.
To understand why a food may be considered unhealthy
To cook a variety of simple dishes.
To describe how food ingredients come together.
To explain some different cooking methods.
To know how to be hygienic and safe when using food.

Always remember the Health & Safety Rules.

| 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. |