


Lunt's Heath Primary School - Knowledge Organiser			
Design Technology Focus	Food and Nutrition	Year 6	Term Spring Term

What? (Key Knowledge)
Where food comes from:
Grown, Raised, Caught
It is important to know that foods are grown, raised and caught more easily during certain seasons. This is called <u>seasonality</u> .
Some food is grown
<ul style="list-style-type: none"> In order for us to get cucumbers, we need to grow a cucumber plant. Cucumbers grow on the vines of cucumber plants. In the UK, the cucumber season is between March and June, when they grow most naturally in the seasonal conditions.
Some food is raised
<ul style="list-style-type: none"> In order for us to be able to eat chicken, we need to raise chickens. Eggs are laid by female chickens. In order to be sustainable, we need to know that most chicks are born in the spring/ summer seasons.
Some food is caught
<ul style="list-style-type: none"> In order for us to get tuna, we need to catch the tuna-fish. There are also seasonal changes for caught food, as animals can migrate. E.g. a lot of tuna is caught between November-May in the Pacific off San Francisco.
Eating Sustainably
-With modern technology, it is possible to grow and rear food out of season.
-However, growing and rearing foods out of season consumes a lot of energy, because the process takes place in artificial conditions, and needs a lot of resources, for example heat, light, water and nutrients.
-Eating sustainably is about finding the right balance between your food needs and your food choices. It helps to reduce our carbon footprint.
Food from around the World
Seasonal Foods around the World
-It is important to remember that the seasons are different in different places over a year.
-In the northern hemisphere, spring takes place between March and May. In the southern hemisphere, spring is September to November. Therefore, foods are in season in different places at different times of the year. Cucumbers can be naturally grown in the northern hemisphere March-June, and in the southern hemisphere October-December.
UK Seasonal Foods
Winter: Apples, Beetroot, Sprouts, Cabbage, Leeks, Mushrooms, Onions, Parsnips, Pears, Turnips.
Spring: Artichokes, Asparagus, Aubergines, New Potatoes, Rhubarb, Rocket, Spinach, Spring Greens, Spring Onions.
Summer: Blackcurrants, Broad Beans, Cherries, Chillies, Courgettes, Gooseberries, Garlic, Strawberries, Water Cress.
Autumn: Butternut Squash, Cauliflowers, Chicory, Elderberries, Marrow, Pumpkin, Wild Mushrooms, Squash.
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. Good for vitamins, minerals and fibre. Fresh, tinned and juices all count.
Carbohydrates - Eat lots! Include in every meal. Good for energy (carbohydrates), vitamins, minerals and fibre.
Proteins - You should eat about 2-3 portions per day. Good for muscle-building (protein), vitamins and minerals.
Dairy - You should eat about 2-3 portions per day. Good for muscle-building protein, vitamins and minerals.
Fats and Sugars - Only eat occasionally and in small amounts. Good for energy and fat reserves in small amounts. Cut down on saturated fats.

What? (Key Vocabulary)																																				
Preparing processes (Key Vocabulary)																																				
Preparing processes are the different ways that we get food ready to be <u>eaten</u> .																																				
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.																																				
Adding/ substituting: changing the taste of food by adding or replacing ingredients.																																				
Cooking processes (Key Vocabulary)																																				
Cooking processes are the different ways that we heat food before it is <u>eaten</u> .																																				
Baking: to cook food in a heated oven.																																				
Grilling: to cook food by putting it under a hot grill (like a radiator in a cooker).																																				
Griddling: to cook on a flat iron plate called a griddle.																																				
Designing																																				
You should be able to create a weekly food plan, incorporating a healthy and varied diet of foods across each day and the week.																																				
Design a pizza for a member of your family, fulfilling a set of given criteria.																																				
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.																																				
Your plan should apply your understanding of which foods within groups have advantages and disadvantages (eg. 'fish has less fat than red meat' and 'use a low-fat butter alternative).																																				
- You may even be able to understand calories and how they work, and count these in your food plan!																																				
Consider the base, toppings, shape and finishing touches based on the information gathering and surveys you have completed.																																				
Making																																				
Make your pizza using a yeast dough:																																				
Preheat oven to 200°C or gas mark 6. Grease 2 baking trays																																				
Sieve together the flour and salt into a mixing bowl. Stir in the yeast.																																				
Add the oil and enough warm water to mix into a soft dough. Knead the dough for 5-10 minutes on a lightly floured surface.																																				
Place the dough in a bowl, cover and allow to prove for 20 minutes.																																				
Divide the dough in half. Roll out and shape the dough into two round disks. Place the dough bases onto baking trays. Spread the pizza sauce over the base. Cover with toppings. Place in the oven and bake for 10-15 minutes.																																				
Evaluating																																				
What did you enjoy most about making your pizza?																																				
What did you enjoy least about making your pizza?																																				
What did your pizza taste like?																																				
What was the texture of pizza base like?																																				
How pleased are you with the overall quality of your pizza base?																																				
What changes would you make to your pizza design recipe if you were to make it again?																																				
Were you able to work safely and hygienically with food?																																				
Diagrams and Symbols																																				
 <table border="1" data-bbox="1069 1792 1404 1993"> <thead> <tr> <th></th> <th>MON</th> <th>TUE</th> <th>WED</th> <th>THU</th> <th>FRI</th> </tr> </thead> <tbody> <tr> <td>BREAKFAST</td> <td>Green Smoothie</td> <td>Berry Smoothie</td> <td>Creamy Smoothie</td> <td>Green Smoothie</td> <td>Berry Smoothie</td> </tr> <tr> <td>Mid-morning Snack</td> <td>Easy Green / Ginger Shot</td> <td>Easy Green / Ginger Shot</td> <td>Easy Green / Ginger Shot</td> <td>Easy Green / Ginger Shot</td> <td>Easy Green / Ginger Shot</td> </tr> <tr> <td>LUNCH</td> <td>Balans Soup / Protein Bread (2 slices)</td> <td>Glw Soup / Protein Bread (2 slices)</td> <td>Neurth Soup / Protein Bread (2 slices)</td> <td>Relaf Soup / Protein Bread (2 slices)</td> <td>Balans Soup / Protein Bread (2 slices)</td> </tr> <tr> <td>Mid-afternoon Snack</td> <td>Snack Bar</td> <td>Snack Bar</td> <td>Snack Bar</td> <td>Snack Bar</td> <td>Snack Bar</td> </tr> <tr> <td>DINNER</td> <td>Coconut Curry</td> <td>Me & Greens</td> <td>Vegan Chik</td> <td>Coconut Curry</td> <td>Vegan Chik</td> </tr> </tbody> </table>		MON	TUE	WED	THU	FRI	BREAKFAST	Green Smoothie	Berry Smoothie	Creamy Smoothie	Green Smoothie	Berry Smoothie	Mid-morning Snack	Easy Green / Ginger Shot	Easy Green / Ginger Shot	Easy Green / Ginger Shot	Easy Green / Ginger Shot	Easy Green / Ginger Shot	LUNCH	Balans Soup / Protein Bread (2 slices)	Glw Soup / Protein Bread (2 slices)	Neurth Soup / Protein Bread (2 slices)	Relaf Soup / Protein Bread (2 slices)	Balans Soup / Protein Bread (2 slices)	Mid-afternoon Snack	Snack Bar	Snack Bar	Snack Bar	Snack Bar	Snack Bar	DINNER	Coconut Curry	Me & Greens	Vegan Chik	Coconut Curry	Vegan Chik
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