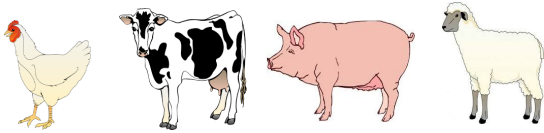


Year 1 Design and Technology: Cooking: Smoothie

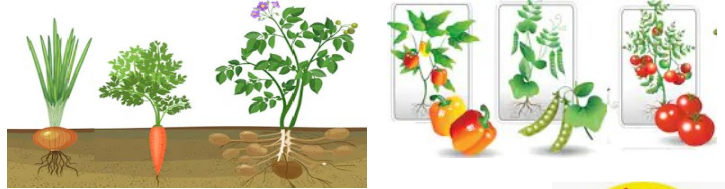
Key Learning

All food comes from plants or animals.

Meat comes from animals.



Fruit and vegetables come from plants.



Everyone should eat 5 portions of fruit or vegetables every day.



Design

I have tried different fruits and vegetables and I will make _____

My product will be _____

Make



You must wash your hands before cooking.



Knives are sharp so we need to be safe in the classroom.

Evaluate

I think _____ is the nicest.

I like _____ the least.

Fruits

Fruits have seeds.



Vegetables

Vegetables do not have seeds.



Key Vocabulary

cut	Using something sharp like a knife to make something smaller.
mix	Put together to form one.
peel	The tough skin around certain fruits and vegetables.
fruit	The part of the plant that contains seeds.
vegetable	Parts of plants that can be eaten. They do not contain any seeds.
seed	Part of a plant which grows another plant.
healthy	Something that helps your body grow and stay strong.

Year 3 Design and Technology: Eating Seasonally

Key Learning

Food and drink provide energy for a healthy and active lifestyle.

Foods can be reared (e.g. cow), caught (e.g. fish) or grown (e.g. fruit).

Recipes can be changed by adding or taking away ingredients.

Most fruits, vegetables and grains do not grow all year round and only grow during certain seasons. These are called seasonal foods.

Spring - apricots, avocado, pineapple

Summer - blackberries, blueberries, raspberries

Autumn - apples, grapes, pears

Winter - grapefruit, lemons, oranges

Design

I am using food products which are in season such as _____

I can design a recipe which is healthy and nutritious.

Peeler



Make

Follow a simple recipe.

Don't forget to wash your hands and your area before you do!



Claw

Bridge

Choose the correct piece of equipment, e.g. you would use a peeler to peel an apple or a grater to grate cheese.

Grater



Knife



Evaluate

The appearance of my food is successful / not successful because _____

The taste of my food is successful / not successful because _____

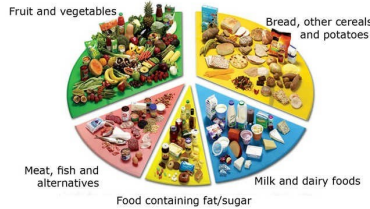
Key Vocabulary

Slice	To cut pieces off something with a knife
reared	To breed and raise livestock eg cow
Processed	Ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.
Seasonal	Food that can be harvested and is ready to eat in a particular seasons
Nutrition	The amount of food necessary to be healthy.
Balanced diet	Eating a variety of different foods to keep your body healthy.
Hygiene	Keeping things clean.

Year 4 Design and Technology: Adapting a recipe

Key Learning

Food is processed into different ingredients e.g. milk can be turned into butter.



Most fruits, vegetables and grains do not grow all year round and only grow during certain seasons e.g. strawberries are ready to be picked in the summer

The 5 food groups differ in size to make up a healthy diet.

Design

I would like my biscuit to be similar to _____ because _____.

To make it appealing to a range of users, I will...



Weigh ingredients using a scale.

Make



Create a biscuit, to a budget. Thinking about how it will appeal to lots of people.

Evaluate

The taste / appearance / texture / smell of my food is successful / not successful because...



Rubbing in

Key Vocabulary

Bake	Put uncooked ingredients in the oven
Prepare	Get everything ready
Mix	Combine together to create
Mould	To form a shape
Recipe	A set of instructions for making and preparing a food item or dish.
Quantity	The amount of the item you need.

Year 5 Design and Technology: Adapt a traditional recipe

Key Learning

Recipes can be changed to change the appearance, taste and aroma of food.

Different foods have different nutrients in them e.g. milk has calcium in it which helps your bones grow.

Food grows all over the world. Bananas can only grow in hot, tropical climates like in parts of South America and Asia.

Fruit and vegetables

Bread, other cereals and pulses



Meat, fish and alternatives

Milk and dairy foods

Food containing fat/sugar

Design

I am making the bolognese healthier by _____

To make it appealing to a range of users, I will _____

Make

Hobs are used to heat up food and they can get very hot so we need to be careful around them.



Evaluate

The taste / appearance / texture / smell / nutritional value of our bolognese is successful / not successful because _____

There are different techniques we can use to prepare ingredients for our recipe such as chopping, slicing, peeling, grating and mixing.



Key Vocabulary

Recipe	A set of instructions for making or preparing a food item or dish.
Nutrients	Substances within food that all living things need to make energy, grow and develop.
Adapt	Make changes.
Reduce	To have less.
Substitute	Replace one thing for another.

Year 6 Design and Technology: Come dine with me

Key Learning

Some raw ingredients need to be processed before they can be used in cooking e.g. the feathers on a chicken have to be removed before we can cook it.

Prepare a meal using a recipe, adapting it to make it their own.

Design

I am researching different recipes based on a specific product. It will need to complement other dishes.

To make it appealing to a range of users, I will _____

Make

You can use an oven, grill or cooker hob to heat up food. It's important to remember to use oven gloves if you are going to be working with anything hot. Be extra careful when cooking something on the hob in case it spills. Point the handle of your pot or pan away from you.

Evaluate

The taste / appearance / texture / smell / nutritional value of my food is successful / not successful because _____



spreading



kneading

Recipes will tell you how to make your product and what preparation and cooking techniques you'll need to use. You can decide on what equipment you'll need based on this information.

Key Vocabulary

Savoury	Is food which is not sweet.
Techniques	A method of doing something with a skill.
Starter	A small meal served before the main meal.
Main	A larger savoury meal
Dessert	Fruit or a sweet meal which is eaten at the end of the meal.
Recipe	A set of instructions for making or preparing a food item or dish.
Cross- contamination	Cross- contamination is how bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.