

Year 4 Term 3

Should we trust our first impressions?

DESIGN TECHNOLOGY



National Curriculum Links:

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.
Use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups.
Select from and use a wider range of tools and equipment to perform practical tasks accurately.
Investigate and analyse a range of existing products.
Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work.
Understand how key events and individuals in design and technology have helped shape the world.

Essential Prior Learning:

Wash hands, work surfaces and equipment before cooking/preparing food.
Our diet should be made up of a range of different food types: protein, carbohydrate, fat, dairy, etc.
Some foods, e.g. fruit and vegetables, should be eaten in greater quantities than others, e.g. sugars.
Have used a knife to safely chop different ingredients.
Some foods taste better together than others.

Progression in Skill:

Heston Blumenthall is a chef known for adventurous food combinations and methods.
Understand the fundamental building blocks of flavour, including the importance of a good stock base, the role of aromatics (e.g. onions, carrots, celery), cooking techniques such as simmering, all while considering the

desired consistency and texture of the final soup depending on the ingredients used.
Make design decisions that take account of the availability of ingredients as well as the purpose and person in mind.
Use annotated sketches and web-based recipes to develop and communicate ideas.
Use bridge and claw grips to chop and slice ingredients.
Safely use the hob: turning handles away from the edge.
Adjust the temperature between simmer and boil appropriately.
Identify some of the common ingredients in soups.
Through tasting, consider which combinations of flavours work well.
Ingredients can be fresh, pre-cooked or processed.
Food and drink are needed to keep the body healthy and provide energy.

Long-term Memory Knowledge:

Know who Heston Blumenthall is and the cooking he is known for.
Know what aromatics are and how they are used in cooking.
Know why stock is used in making soup and other foods.
Know how to thicken or thin a soup or sauce to the desired consistency.
Understand that not all ingredients are available all the time so decisions need to be made as to what is, what you are trying to make and what the consumer likes.
Take an existing recipe and adapt it for use.
Use bridge and claw grips, choosing the most appropriate for chopping and slicing.
Explain why handles on pots and pans should be turned away from the edge.
Recognise the difference between boil and simmer and adjust the temperature of the hob to achieve each.
Know some ingredients that are typically used for soups.
When tasting food, consider how well the flavours complement each other.
Know that ingredients can be fresh, pre-cooked or frozen and talk about the benefits of each.
Know the importance of food and drink in maintaining health and providing energy.

Key Vocabulary	
frozen food	food that has been preserved by storing in a freezer at -18°C
tinned food	food that has been preserved by being sealed in a tin
processed food	food that has been changed in some way when it's made or prepared; processing can be used to make foods safe and suitable for use
seasonal food	foods that are ripe and ready to harvest at a particular time of year
harvested	food that has been picked, cut, collected etc.
aromatics	vegetables, herbs and spices that add aroma and flavour to food
stock	a savoury liquid
fresh	unpreserved and unspoiled food
pre-cooked	food that has been prepared and cooked before you need it so that it only needs to be heated up to eat
simmering	cooking foods in liquid at a temperature below boiling
boiling	cooking food in liquid at or near boiling point
consistency	how thick or thin the soup is
preserved	treating a food to stop it spoiling

Progression in Resources:

Knife, blender, grater, saucepan, chopping board, spatula

Relevance	
Now	Understand what goes into making soup and make your own; understand that food can be made from fresh or bought prepared.
Future	Consider the benefits of making foods from fresh, adapting recipes to suit taste and experimenting with flavours.
Aspiration	As adults, pursue a career as a chef, in catering, as a dietician or similar; explore new ways of processing food; enjoy food and experimenting with new ingredients.

