

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:

Know to wash hands, work surfaces and equipment before cooking/preparing food.

Understand that our diet should be made up of a range of different food types and name some of these: protein, carbohydrate, fat, dairy, etc.

Know that 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:

Know that food ingredients can be fresh, pre-cooked and processed.

Prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source.

Use a range of techniques: chopping, slicing, grating, spreading.

Understand that to be active and healthy, food and drink are needed to provide energy for the body.

Gather information about the needs and wants of particular individuals and groups.

Select materials, components, tools and equipment suitable for the task.

Use their design criteria to evaluate their completed products.

Find out about inventors, designers, engineers, chefs and manufacturers who have developed ground-breaking products.

Long-term Memory Knowledge:

Foods can be bought processed, precooked or fresh.

The types of food we eat and the quantities we eat them in, affect our health and energy levels.

No food is 'bad' or 'good' but we should ensure we eat more of some foods (e.g. fruit and vegetables) than others (e.g. sugars).

Key Vocabulary

processed	ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking
utensils	a collective name for equipment used in the kitchen, e.g. knife, grater, spatula
preference	what you personally choose/like most
hygienic	clean and unlikely to cause illness
spatula	flat spoon
blender	mechanical device that chops and mixes ingredients at high speed

Progression in Resources:

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

Relevance

Now	Children know that the choices they make about what they eat has impacts on their health; they understand that food can be made from fresh or bought prepared.
Future	Make informed choices that relate to a healthy and balanced diet for themselves and their families; consider the benefits of making foods from fresh – the recipe can be adapted to suit taste and flavours can be experimented with.
Aspiration	As adults children pursue a career as a chef, in catering, as a dietician or similar; they explore new ways of processing food.