



St Andrew's C of E Maghull D.T. Knowledge Organiser

Year 3 - Spring 2 - Healthy Varied Diet - Snack Bar



Knowledge:

- Hygiene means to keep surfaces, utensils, and hands clean.
- Scales can be used to weigh out ingredients.
- To create a dish, I can follow a recipe.
- The name of some utensils and equipment needed for food.
- Sensory evaluation is subjective testing of foods where senses are used to evaluate qualities such as appearance, smell, taste, texture (mouth feel).
- Know and use technical vocabulary relevant to the project.

Skills:

- Prepare ingredients hygienically using appropriate utensils.
- Measure ingredients to the nearest gram accurately.
- Follow a recipe accurately.
- Assemble or cook ingredients (controlling the temperature of the oven or hob if cooking).

Vocabulary:

Utensils - a tool used in the kitchen.
Ingredients - foods that make a dish.
Texture - the feel of something.
Taste - the flavours in food.
Appearance - what something looks like.
Preference - what you'd rather have/not.
Fresh - recently made.
Savoury - salty/spicy food rather than sweet.
Hygienic - clean and prevent disease.
Edible - fit or suitable to be eaten.
Processed - changing food from natural.
Healthy/Varied Diet - eating enough of each food group.
Planning - preparing in advance.
Design Criteria - what you want your design to look like in the end.
User - who will use the end product.
Evaluation - making a judgement about the product.

Lesson Sequence:

Lesson 1 - I can evaluate existing products.

Lesson 2 - I can establish the design criteria.

Lesson 3 - I can generate ideas.

Lesson 4 - I can plan the making stage.

Lesson 5 - I can make a healthy snack.

Lesson 6 - I can evaluate my end product against the design criteria.