

NPA Knowledge Organiser: Year 4 DT - Spring

How will you make it healthy?



What recipe will you chose?



COOKING AND NUTRITION



Our topic this term, is Food. We will be researching different recipes and exploring what we would like to include in our foods. We will then look at nutrition and discuss how different foods can make us healthier and how we can improve regular meals to be more nutritious.



Adapt	To change or alter something to fit a given purpose, or to improve it.
Budget	To set an amount of money that can be used for something or for a project and then making sure that you record what you spend and don't spend more than the amount that you set.
Building hire	To pay to use a particular building such as a factory or a professional kitchen for it's facilities.
Equipment	Items and objects which are needed to complete a task.
Evaluation	When you look at the good and bad points about something, then think about how you could improve it.
Flavour	How food or drink tastes (for example, sour, sweet, bitter, salty).
Ingredients	Items that make up a mixture, for example foods that make a recipe.
Method	Following a process or list of instructions.
Net	A flat 2D shape, that can become a 3D shape once assembled.
Packaging	The packet or container that holds a product safe, ready to be sold and has information on about the product.
Prototype	A simple model that lets you test out your idea, showing how it will look and work.
Quantity	An amount of an item.
Recipe	A set of instructions for making or preparing a food item or dish.
Target audience	A person or particular group of people at whom a product is aimed.
Unit of measurement	The unit which you use to measure a quantity. (for example, grams, centimeters, litres).
Utilities	Services such as water, electricity, gas and internet.

There are many different ingredients to think about, each one can change the flavour of the plain biscuit recipe.

Marshmallows

Chocolate



Lemon zest

Raisins



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The children will be making 6 different recipes during our unit. We will be making Jam sandwiches, chunky soup, volcano cupcakes, pasta salads, pancakes and Victoria sponge cupcakes! This will test our kitchen skills using cutting, sifting, chopping, sorting, stirring and mixing - all essential skills for our future skills.



Cooking Utensils



cutlery

whisk

measuring cup

pan

knife

fridge/freezer

bowl

weighing scales

sifter

rolling pin

grater

microwave

oven

baking sheet

wooden spoon

cutting board