



# Year 4 Design and Technology: Cooking and Nutrition



How can we create a delicious tea-time treat?

## Prior Learning

- Know some ways to prepare food hygienically and safely.
- Have some understanding of 'The Eatwell Plate' and how to maintain a healthy diet.
- Used some equipment and utensils to prepare and combine ingredients, including chapattis.

## Sticky Knowledge

- I know about a range of fresh and processed ingredients and whether they are grown, reared or caught.
- I understand the key nutrients needed for a healthy diet, understanding 'The Eatwell Plate' and using this to plan a healthy product.
- I can carry out sensory evaluations of ingredients and record my evaluations carefully.
- I can design an appealing product for my user based on sensory evaluations, using annotated sketches and web-based recipes (where appropriate).
- I can plan the main stages of a recipe with some innovation, listing ingredients, utensils and equipment.
- I can select and use appropriate utensils and equipment to prepare and combine ingredients safely and hygienically.
- I can evaluate my final product against the design criteria and the views of others.

## Vocabulary

<b>Product*</b>	What you are making.
<b>User*</b>	Who is going to use the product.
<b>Purpose*</b>	What the product is going to be used for.
<b>Function*</b>	What does your product need to do to work.
<b>Ingredients*</b>	Any food that is needed for a dish or meal.
<b>Diet*</b>	The kind of food that a person eats.
<b>Recipe*</b>	The steps needed to make a dish or meal.
<b>Nutrients*</b>	All the things in food that the body needs to stay healthy.
<b>Appearance*</b>	How the product looks to the eye.
<b>Texture*</b>	How the product feels in the mouth.
<b>Processed *</b>	The way raw ingredients are made into food.



**Mary Berry** is a well-known baker, cookery writer and is also a judge on 'The Great British Bake Off'. Her simple recipes encouraged more people to try baking for the first time. One of her favourite recipes is for a traditional lemon drizzle tray bake. You can even try making it here: [www.maryberry.co.uk/recipes/baking/lemon-drizzle-traybake](http://www.maryberry.co.uk/recipes/baking/lemon-drizzle-traybake)



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## How do I describe an ingredient?

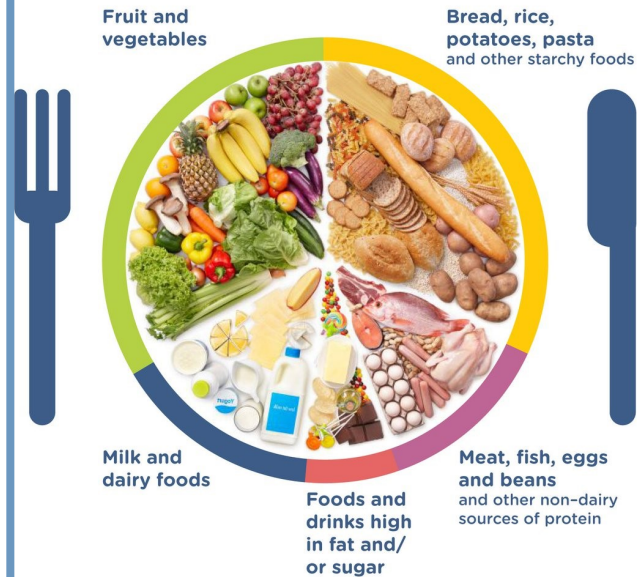
Appearance	Smell	Flavour/ Taste	Texture
Colourful	Fruity	Salty	Crispy
Dark/pale	Meaty	Herby	Crunchy
Greasy	Smoky	Spicy	Soft
Moist	Oniony	Fishy	Chewy
	Garlicky	Smoky	Sticky
	Fishy	Sour	Smooth
		Sharp	Hard

## What equipment will we need?

Apron Wooden Spoon Mixing Bowl Whisk  
 Chopping Board Sieve Squeezer Jug Knife  
 Measuring Scales Baking Tins Measuring Spoons

## The Eatwell Plate

Use the Eatwell Plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## What skills will I need?



Bridge Hold



Claw Grip



Measuring Ingredients



Squeezing



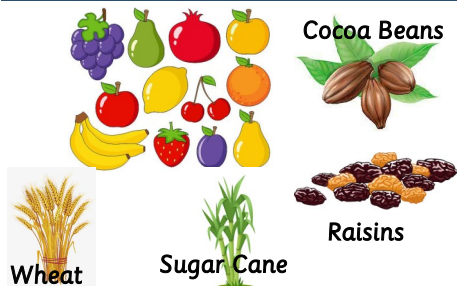
Sieving



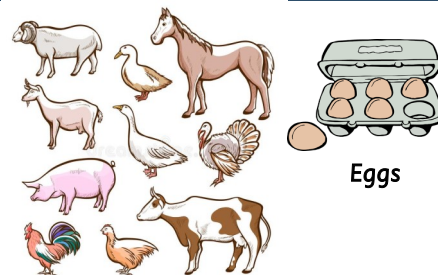
Whisking/Mixing

## Where do our ingredients come from?

### Grown



### Reared



### Caught



### Processed

