

Knowledge Organiser Spring Term 2 Design Technology

<u>Rubies Class</u>	<u>Subject: Design and Technology (Food: Healthy and Varied Diet)</u>	<u>Topic: Design and make a healthy sandwich for tea</u>
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What will I learn?	Key vocabulary:	
<ul style="list-style-type: none"> • How to design and make a healthy sandwich for a family tea. • To choose ingredients according to their characteristics e.g, texture and taste to create a healthy sandwich. • How to safely use a range of equipment to prepare the ingredients for my sandwich. • How to evaluate my sandwich filling choices by using The Eatwell Plate and how appealing it looks and tastes. • I will learn and understand the technical vocabulary linked to my project. 	design	make
	evaluate	ingredients
	knives, chopping board, graters, peelers, colander	
	spread	chop and slice
	peel	slice
	grate	strain
How will I learn?		
<ul style="list-style-type: none"> • I will maintain good hygiene and wash my hands with soap and water before food preparation. • I will share ideas with others about how a diet can be balanced. • I will ask questions such as ‘how can I make my sandwich appealing?’, ‘what ingredients will it need in order to be healthy?’, • I will design and draw a healthy sandwich and be able to talk about how it is part of a balanced diet. 		

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.

