


## 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>
---------------------	---	--

What will I learn?	Key vocabulary:	
<ul style="list-style-type: none"> <li>How to <b>design</b> and <b>make</b> a healthy sandwich for a family tea.</li> <li>To choose ingredients according to their characteristics e.g, texture and taste to create a healthy sandwich.</li> <li>How to safely use a range of equipment to prepare the ingredients for my sandwich.</li> <li>How to <b>evaluate</b> my sandwich filling choices by using The Eatwell Plate and how appealing it looks and tastes.</li> <li>I will learn and understand the technical vocabulary linked to my project.</li> </ul>	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"> <li>I will maintain good hygiene and wash my hands with soap and water before food preparation.</li> <li>I will share ideas with others about how a diet can be balanced.</li> <li>I will ask questions such as ‘how can I make my sandwich appealing?’, ‘what ingredients will it need in order to be healthy?’,</li> <li>I will design and draw a healthy sandwich and be able to talk about how it is part of a balanced diet.</li> </ul>		

### 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.

