

Autumn 1 Year 5 Design and Technology Knowledge Organiser

Cooking and nutrition: Developing a recipe

Subject specific. Vocabulary		Images/Diagrams/Maps	Important Knowledge
Adaptation	The process of changing something.	 	A balanced diet includes a variety of food groups (fruit & veg, carbohydrates, protein, dairy, and fats) to keep us healthy. Food hygiene is important - we must wash hands, clean surfaces, and avoid cross-contamination to stay safe when preparing food. We can prepare food using a range of skills: chopping, peeling, grating, mixing, measuring, and cooking with heat safely. We can adapt recipes to suit different needs, such as allergies, preferences, or to make them healthier. We should evaluate recipes and dishes based on taste, appearance, texture, and how balanced they are.
Cook	To prepare food by heating it.		
Cross-contamination	When something harmful spreads from one food to another.		
Farm	To grow crops or keep animals as a business.		
Hygiene	Keeping things clean to prevent illness.		
Ingredients	The foods a recipe is made from.		
Label	Something that provides information about the product it is attached to.	Writing/Provision/ Enrichment opportunities	
Nutrient	Substances that help living things stay healthy and grow.	Instructional Text: Write an adapted bolognese recipe publish as part of a class Healthy Recipe Book.	
Nutritional value	The nutrients a food or recipe provides.	Create a Branded Product: "My Healthy Bolognese": Children work in small groups to develop a healthy jarred version of Bolognese.	
Process	A series of actions.		

Presentation	Assessment		
	To understand how ingredients are reared and processed.	Identifying the ingredients in spaghetti Bolognese; understanding how beef gets from the farm to our plates; presenting the subject of their poster with clear and relevant information.	Consider the ethical issues around food production.
	To make adaptations to design a recipe.	Stating preferences when tasting Bolognese sauces; naming a few unique ingredients that could be found in different Bolognese recipes; making simple changes to a basic Bolognese recipe to enhance it.	Planning an adaptation of a basic Bolognese recipe and considering and explaining their choices of ingredients.
	To evaluate nutritional content.	Using a nutrition calculator to find out the nutrient information of ingredients; comparing the nutritional values of two ingredient lists; choosing an ingredient list to turn into a recipe based on its nutritional value.	Reasoning beyond the nutrition calculator and providing knowledge of vitamins and minerals to justify choices in the recipe.
	To practice food preparation skills.	Cutting resistant foods like onions using the bridge and claw method; demonstrating understanding of working with hot food by holding the handle and taking care when stirring; matching ingredients to the correct coloured chopping board to show an understanding of cross-contamination.	Cutting foods to a specific size and shape; observing the changes in foods as they cook and providing suggestions of how they have changed.
	To design a product label.	Measuring accurately and constructing a rectangle; creating a label that includes relevant colour choices, ingredients and the jar's contents; using a checklist to evaluate someone else's design.	Explaining their reasons for design choices through annotated diagrams; using unfamiliar measuring equipment accurately.
	To follow and make an adapted recipe	Preparing the right quantities of ingredients using measurements where necessary; selecting the right equipment to prepare foods in the way they intended; explaining a recipe, how they adapted it and why it is unique.	Explaining that measurement is important so that nutritional information can be gathered; determining the most efficient techniques to use to prepare an ingredient.