

# Design and Technology: Year 3 and 4: Autumn: Cooking and Nutrition

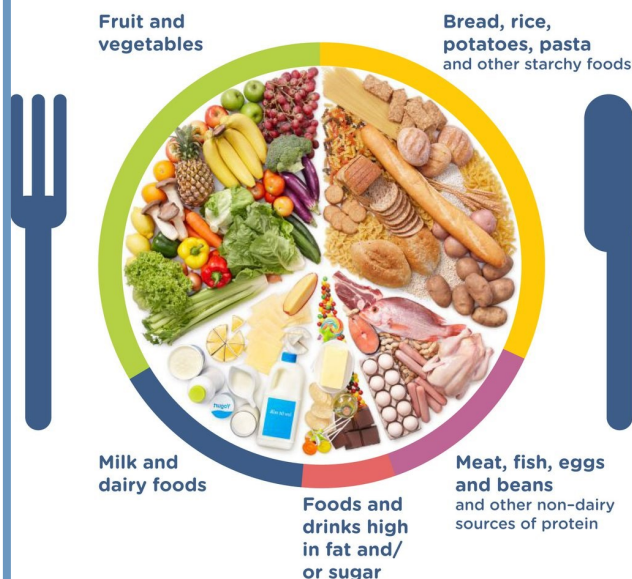
## How can we prepare ingredients for a healthy cupcake?

### Prior Learning

- I know some ways to prepare food hygienically and safely.
- I have some understanding of 'The Eatwell Plate' and how to maintain a healthy diet.
- I know how to use some equipment and utensils to prepare and combine ingredients.

### The Eatwell Plate

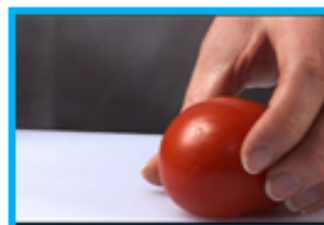
Use the Eatwell Plate to help you get the balance right.  
It shows how much of what you eat should come from each food group.



### Sticky Knowledge

- I know the key nutrients needed for a healthy diet, understanding 'The Eatwell Plate' and using this to plan a healthy product.
- I know how to carry out sensory evaluations of ingredients and record my evaluations carefully.
- I know how to design an appealing product for my user based on sensory evaluations, using annotated sketches.
- 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 to create a savoury dish.
- I can evaluate my final product against the design criteria and the views of others.

### What skills will I need?



Bridge Hold



Claw Grip



Measuring ingredients

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## How can we prepare ingredients for a healthy cupcake?

### Vocabulary

Appealing	Something that looks or sounds nice and makes you want it.
Appearance	The way something looks on the outside.
Chopping board	A flat board you use to cut food on safely.
Design	To plan and create something new.
Design criteria	The list of things your design must have or do to be successful.
Design brief	A set of instructions telling you what you need to design and why.
Diet	The different types of food and drink a person usually eats.
Evaluate	To look back and think about what worked well and what could be better.
Fresh	Food that is new, clean, and not old or spoiled.
Greasy	When food feels or looks oily and slippery.
Healthy	Something that is good for your body and helps you grow strong.
Hot	Something with a high temperature that can warm you up or sometimes burn.
Hygienic	Clean and safe, so it does not spread germs.
Knife	A sharp tool used for cutting food.

### Vocabulary

Moist	A little bit wet or damp.
Peeler	A tool used to take the skin off fruit or vegetables.
Planning	Thinking about what you need to do before you start.
Purpose	The reason why something is made or done.
Savoury	Food that is salty or spicy, not sweet.
Smell	What you notice with your nose.
Sour	A sharp, tangy taste, like a lemon.
Spicy	Food with strong flavours that can sometimes feel hot in your mouth.
Sweet	A sugary taste, like chocolate or fruit.
Taste	What your mouth senses when you eat or drink something.
Texture	How something feels when you touch or eat it (e.g. smooth, crunchy).
User	The person who uses something.
Varied	Having lots of different kinds, not always the same.
Wooden spoon	A spoon made of wood, often used for stirring food when cooking.