



## Knowledge Organiser: YEAR 2 Design Technology

### Cooking and nutrition: Healthy Bread

#### What I should already know:

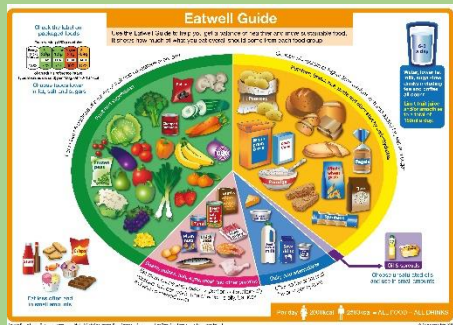
All food comes from plants or animals

Understand that everyone should eat at least five portions of fruit and vegetables every day

How to prepare simple dishes safely and hygienically, without using a heat source

How to use techniques such as cutting and grating

#### The Eatwell Plate



The Eatwell Plate shows the amount of each food type children and adults should be eating to achieve a healthy balanced diet.

The plate is split into five different food groups; carbohydrates, proteins, fruits and vegetables, dairy and oils and spreads.

#### Technical knowledge and skills

Understand health, safety and hygiene when preparing or making food. It is very important to wash your hands before starting

Know how to name and sort foods into the five groups in the Eat Well Plate

The best ingredients to use to make a bread, and how these ingredients taste, smell, feel and what their texture is like.

How to prepare simple dishes safely and hygienically, without using a heat source

How to use techniques such as measuring, kneading and shaping.



#### KEY VOCABULARY

**Ingredients-** A food or product that is combined to make a particular dish.

**Measure-** the specific amount of an ingredient required.

**Weighing-** to measure the weight or mass of food.

**Stir-** To mix something up

**Mix-** a concoction of several parts combined.

**Knead-** to work and press into a mass with or as if with the hands.

**Dough-** is a paste made from flour by mixing it with a small amount of water.

**Pour-** to send a liquid, fluid, or anything in loose particles flowing, from one container to another, or into, or on something.

**Prove-** to allow the bread dough to rise.

**Bake-** to cook it in a hot oven.

**Shape-** to create the shape and surface of the dough.

**Plait-** a decorative technique for shaping bread, using three strands of dough, which are crossed over the top of one another.

**Twist-** decorative technique to shape bread dough.

#### I will be learning to:

##### Design

Work confidently within a range of contexts, such as home, school, and the wider environment.

State what products I will be designing and making.

Say whether my products are for myself or other users.

Describe what my products are for.

Say how my products will work

Say how I will make my products suitable for the intended users.

Use simple design criteria to help develop my ideas.

Use knowledge of existing products to help come up with ideas.

Plan by suggesting what to do next.

Select from a range of tools and equipment, explaining my choices.

Select from a range of materials and components according to their characteristics.

##### Make

Follow procedures for safety and hygiene.

Use a range of materials and components, including food ingredients.

Measure and combine components.

##### Evaluate

Make simple judgements about my products and ideas against design criteria.

Suggest how my products could be improved.