



St John Fisher RC Primary School

Year Three Knowledge Organiser – Autumn Term One – Design & Technology

Things I will be taught		Key facts to remember	
Week One - Food has to be grown, farmed, or caught either in Europe or in the wider world Week Two - The names of the five food groups -Some foods from each food group -Humans need a healthy and varied diet Week Three - How to research the market for the most popular ingredients Week Four - How to design a healthy, balanced meal Week Five - How to prepare ingredients safely using a range of cooking techniques -The importance of cleanliness and hygiene when cooking Week Six - How to evaluate our dish		- Food has to be grown, farmed or caught - Humans need a varied, balanced diet - Food needs to be prepared in a clean, hygienic environment	
		Key Vocabulary	
		chop	cut with repeated sharp blows
		slice	to cut into thin pieces
		grate	reduce to shreds by rubbing on a grater
		hygienic	keeping clean to stay healthy
		ingredients	any food or substances combined to make a particular dish
Design	Make	Evaluate	
Key Knowledge: I need to research foods that will appeal to children. My dish design needs to provide a human with the nutrients they need using the eat well guide. I should label my design with each ingredient. 	Key Knowledge: I need to prepare the area I will be using to cook my food so that it is clean and hygienic. Some foods cannot be prepared on the same surface. I need to be safe when using dangerous equipment. 	Key Knowledge: I need to evaluate my dish so that I can make it better next time. I need to make sure my dish meets the criteria I set out to meet at the beginning of my design. I will ask questions about my own skills and if they need to be improved. I will make sure my dish has ingredients from each of the 5 food groups. 	