

**KNOWLEDGE ORGANISER – St Gregory’s RC Primary School**


**Topic: Design Technology**

**Year Group: 3**

**Spring 1**

**Strand: Food Healthy and Varied Diet - Making Pitta Pockets**

What I should already know	Sticky knowledge	Key skills
<ul style="list-style-type: none"> <li>Know some ways to prepare ingredients safely and hygienically.</li> <li>Have some basic knowledge and understanding about healthy eating and the eatwell plate</li> <li>Have used some equipment and utensils and prepared and combined ingredients to make a product.</li> </ul>	<ul style="list-style-type: none"> <li>I know what a balanced diet is</li> <li>I know what crops grow within each seasons.</li> <li>I know when crops need to be harvested.</li> <li>I know how to follow a recipe with support.</li> <li>I can create a dish using one or more of the following techniques; grating, peeling, chopping, slicing, mixing, or spreading.</li> <li>I know which foods come from animals and plants.</li> </ul>	<ul style="list-style-type: none"> <li>I can follow instructions within a recipe.</li> <li>I can use the Eatwell plate to suggest what a balanced diet looks like.</li> <li>I can identify crops grown in the UK and classify these into their seasonality.</li> <li>I can create a dish by using one or more of the following techniques; grating, peeling, chopping, slicing, mixing, or spreading.</li> </ul>
<p align="center"><b>Design brief</b></p> <p>Can you create a delicious healthy Pitta Pocket that could be used as part of the school lunch menu as an alternative to wraps?</p>		

Vocabulary		Diagrams/Pictures
appearance	The way that someone or something looks.	
taste	The sensation of flavour in the mouth and throat on contact with food or drink.	
texture	The feel or consistency of a surface or substance.	
seasonality	The times of year when the harvest or the flavour of a given type food is at its peak.	
recipe	A set of instructions for preparing a particular dish, including a list of the ingredients required.	
ingredients	Any of the foods or substances that are combined to make a particular dish.	
savoury	Belonging to the category that is salty or spicy rather than sweet.	
balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.	
reared	Breed and raise (animals).	
harvested	Gather (a crop) as a harvest.	