


KNOWLEDGE ORGANISER – St Gregory’s RC Primary School

Topic: Design Technology

Year Group: 4 Spring 1

Strand: Food Healthy and Varied Diet – Make a Healthy Pizza

What I should already know	Sticky knowledge	Key skills
<ul style="list-style-type: none"> • I know what a balanced diet is and I can give examples • I can identify which crops grow within each season. • I know when crops need to be harvested. • I know how to follow a recipe with support. • I can create a dish by boiling or steaming. • I know which foods comes from animals and plants. • I can create a dish by boiling vegetables/pulses. 	<ul style="list-style-type: none"> • Know how to be hygienic when using food • Know that recipes need to be followed in order • Understand and can explain how meat and fish are reared, caught and processed in the UK, Europe and the wider world • Understand there are different ways of preparing foods according to people’s allergies • Know different ways that food can be stored safely 	<ul style="list-style-type: none"> • I have an awareness of food hygiene and apply this when cooking and preparing foods. • I can independently follow a recipe in a group. • I understand food safety when storing to prevent cross contamination of cooked and uncooked meats. • With adult supervision, I can safely use an oven to prepare and bake my pizza. • I can identify where and how ingredients are grown, caught and processed. • I have an understanding of how a healthy diet is made up of all elements of the eat-well plate.
<p align="center">Design brief</p>		
<p>Design and make a pizza that will be an enjoyable meal for someone to eat. Think carefully about the different elements of your pizza, such as the shape, base, crust and toppings.</p>		

Vocabulary		Diagrams/Pictures	
Bake	Cook by dry heat without direct exposure to a flame, typically in an oven.		
Dough	A thick, malleable mixture of flour and liquid.		
Balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.		
Hygienic	Keeping healthy and preventing disease by being clean.		
Processed	Any way that food is cooked, baked or prepared.		
Source	A place, person or thing from which something originates from.		
Savoury	Food belonging to the category that is salty or spicy rather than sweet.		
Toppings	A layer of food poured or spread over a base of a different type of food to add flavour.		
Contaminate	To make something unfit to use by having contact with something harmful to it or near it.		