

Knowledge Organiser

Year: 3

Subject: Design and Technology

Unit: Sandwich Snacks

Overview		
<p>During this sequence, pupils will learn about what makes a healthy sandwich, the nutritional content of a variety of sandwiches and fillings, and consider how grouping food can help us plan for a healthy diet. Children will devise and make their own sandwich recipe, selecting bread and filling and write their own recipe for this.</p>		
What should I already know?	Vocabulary:	
<p><u>Cooking skills</u></p> <ul style="list-style-type: none"> Use a knife, scales, skewers and rolling pin safely Can cut and arrange fruits and vegetables into a finished dish. Know what is meant by 'combine' (join more than one thing to form one substance) and how to combine ingredients. Can put together a balanced picnic by choosing foods from different food groups. Can explain the hygiene and safety rules, which need to be followed before, during and after cooking. <p><u>Nutrition</u></p> <ul style="list-style-type: none"> Know that healthy means that your body is in a good physical and mental condition and that eating fruit is healthy. Know that a balanced meal means having a plate that covers the three main food groups. Can explain that fruit and vegetables have nutritional value and are an important part of our diet. <p><u>Food knowledge</u></p> <ul style="list-style-type: none"> Know the following vegetables - sweet potato, courgette/zucchini, bell pepper, aubergine, avocado and know how and where they are grown. Know the following fruits - oranges, kiwi fruit, starfruit, pear, banana, pineapple, strawberries, mango, cantaloupe melon. Know how and where they are grown. <p><u>Enjoying food</u></p> <ul style="list-style-type: none"> Can experience a range of food and explain their opinion. 	<p>Food group</p> <p>Food pyramid</p> <p>Healthy</p> <p>Balanced</p> <p>Carbohydrates</p> <p>Proteins</p> <p>Dairy</p> <p>Calcium</p> <p>Fats</p> <p>Sugars</p> <p>Iron</p> <p>Nutrients</p> <p>Vegetarian</p>	<p>A collection of foods that share similar nutritional properties.</p> <p>Diagram that shows good nutrition</p> <p>In good physical and mental condition</p> <p>In good proportions</p> <p>They give us energy; there are two types - sugars and starches.</p> <p>A nutrient found in meat, milk, eggs, and beans</p> <p>Food products made from milk</p> <p>A mineral that is found in foods like dairy and stored in bones and teeth</p> <p>These fuel the body and help absorb some vitamins</p> <p>A sweet material</p> <p>A mineral found in plants and animals</p> <p>A substance needed for healthy growth + development.</p> <p>A person who does not eat meat.</p>
What will I know by the end of the unit?		
<p><u>Cooking skills</u></p> <ul style="list-style-type: none"> How to cut (with a knife), chop (with a vegetable knife), spread (with a knife) and grate safely. How to design and make a healthy sandwich. Can select own ingredients How to present food that looks appealing by using fresh ingredients, arranging products neatly, ensuring the plate is clean. 		

- How to work safely and appropriately with food by washing hands before handling food; ensure work areas are clean; wearing an apron; being sensible with knives and graters.

Nutrition

- That food can be divided into groups
 - carbohydrates - they contain sugars that give us energy
 - fruit and vegetables are low in fat and contain natural sugars to give us energy.
 - proteins help our body to grow and repair itself
 - dairy products contain calcium to keep our bones and teeth strong
 - Fats and sugars are necessary but in small amounts.
- A 'food pyramid' shows the proportions of different foods that should be eaten.
- Can understand that a variety and balance of food and drink is needed in a healthy diet.
- Junk foods taste nice but do not contain many nutrients and eating too many is unhealthy.

Food knowledge

- Vegetarians replace meat and fish with eggs, beans, lentils and soya.
- Different combinations of ingredients affect the taste and texture of the product.

Flavour

A distinctive taste of a food or drink

Texture

The feel, appearance, or consistency of food.

