



Meadows First School Knowledge Organiser
SUBJECT DT

TERM Autumn YEAR GROUP 3 FOCUS/ THEME: Salad

Techniques /Skills:

NC

- Understand and apply the principles of a healthy and varied diet. Prepare a variety of predominantly **savoury dishes** using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- Select from and use a wider range of materials and components, including construction materials, textiles and **ingredients**, according to their functional properties and aesthetic qualities

Skills:

- Understand and apply the principles of a healthy and varied diet.
- **Prepare** and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown reared, caught and processed. Learn That food is grown (such as tomatoes, wheat and potatoes), and in the UK, Europe and the wider world. Learn that food ingredients can be fresh, pre-cooked and processed. Most content in year 4 linked with the allotment. Demonstrate hygienic food preparation and storage.
- Work safely and accurately with a range of simple tools.

Key Vocabulary

Word/ term	definition
Savoury	Belonging to the category that is salty and spicy rather than sweet.
Salad	A cold dish of vegetables or fruit.
Seasonality	Seasonal food refers to the times of year when the harvest or the flavour of a given type of food is at its peak.
Reared	Bring up and care for until they are grown such as pigs, chickens and cattle.
Caught	To catch food such as fish

Key People / information

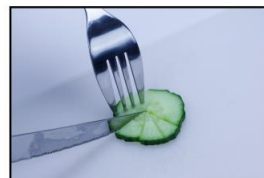
Our chef Idris will come and work with the children to make a healthy salad. The children will be shown safe preparation skills.



The Bridge



The Claw



The Fork Secure



Resources: Books, internet sites and places to visit

Web sites and books:

I Can Cook shows can be seen in Youtube.

My World Kitchen videos can be seen on Cbeebies.

Here is a chef preparing some interesting salads.

https://www.youtube.com/watch?v=et3ljrEuL_U

This *simple* vocab video will allow you to discuss each item and where it comes from and who has experience growing the items. USE ON MUTE <https://www.youtube.com/watch?v=fKjh4WLyfKQ> There may be items that the children do not recognise if they do not have the experience.

