



Area: Cooking and Nutrition

Year: 4

Subject: Design and Technology

What should I already know?

How will I use this learning in the future?

What vocabulary should I learn?

- some foods that are farmed, grown or caught in the UK and some foods that are imported from overseas
- a healthy diet and the 'Eatwell Plate'
- how to use a heat source safely

In Year 5, I will learn about how food is processed and understand factors that affect the required diet for each person, such as age, gender, height and amount of exercise.

briny	salty
caustic	cutting, biting, acid, acidic, sharp, astringent
kilocalories	small measurement of energy
kilojoules	large measurement of energy
mellow	the flavour is full, matured and developed
pungent	strong, spicy, hot, heady, overpowering
raw	uncooked
simmering	bubbling gently, not quite boiling
starchy	lots of starch (a carbohydrate)
stodgy	heavy, filling and high in carbohydrates
succulent	juicy, moist, tender, full of flavour

What should I be able to do by the end?

Use a range of vocabulary to describe and compare foods.

Designing
Annotate designs with thought processes, including reasons for changing designs.

crumbly creamy dry dulcet flavoursome juicy peppery sharp spicy sugary tart zesty

Plan what ingredients and equipment you need before you begin cooking.

acidic pungent briny caustic mellow succulent raw starchy stodgy unsweetened tangy

Evaluate
Explore existing products and discuss strengths and any drawbacks.

Use a wider range of cooking techniques.

Evaluate against design criteria and consider if a product needs adapting to fit purpose.



Measure and weigh ingredients to the nearest increment.



Equipment

Understand food hygiene.



RAW MEAT Food groups (especially raw meat and fish) should be kept separate to avoid cross-contamination.

RAW FISH

COOKED MEAT **Cross-contamination** is where harmful bacteria transfers from one food to another.

SALAD & FRUIT

VEGETABLES Most professional kitchens have different coloured chopping boards and knives.



What should I know by the end?

Food in Britain has changed and developed over time.



Food and drink provide energy for the human body.
We all need energy to grow, stay alive, keep warm and be active.

The **carbohydrates, proteins and fats** in the food and drinks we consume provide **energy**.

Energy is measured in units of **kilocalories (kcal)** or **kilojoules (kJ)**. You can find out how many calories are in a type of food by looking at the packaging.

Nutrition Information		
Typical value per 100 g	Per 30 g serving with 125 ml of semi-skimmed milk	
ENERGY	1639 kJ 387 kcal	743 kJ 175 kcal
PROTEIN	5 g	6 g
CARBOHYDRATE	35 g	32 g
of which sugars	35 g	17 g
starch	50 g	15 g
FAT	2.5 g	3 g
of which saturates	1 g	1.5 g
FIBRE	2 g	0.6 g
SODIUM	0.3 g	0.15 g
SALT	0.75 g	0.26 g
VITAMINS: (% RDAI)		
VITAMIN D	4.2 µg (83)	1.3 µg (25)
THIAMIN (B1)	0.9 mg (83)	0.3 mg (30)
RIBOFLAVIN (B2)	1.2 mg (83)	0.7 mg (47)
NIACIN	13.3 mg (83)	4.2 mg (26)
VITAMIN B6	1.2 mg (83)	0.4 mg (31)
FOLIC ACID	166 µg (83)	58 µg (29)
VITAMIN B12	2.1 µg (83)	1.2 µg (46)
MINERALS:		