

# Design & Technology

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality design technology education. They will be equipped with the knowledge, skills and vocabulary to use creativity and imagination to design and make products that solve real and relevant problems in a variety of contexts. We intend to inspire a sense of enjoyment and curiosity about design technology.

## Cooking and Nutrition — Soup Kitchen

Autumn 1

### Igniting Prior Knowledge:

*Year 3 (Cooking and Nutrition - Roman Bread)*

- Appropriate ingredients need to be chosen to make bread e.g. self -rising flour.
- Dough must be kneaded correctly to make bread.
- Ingredients need to be prepared safely and hygienically.
- Appropriate equipment and utensils are used to prepare and combine food.

*Year 4 (Cooking and Nutrition – Healthy Omelettes)*

- We need to eat lots of different types of food containing different nutrients to stay healthy— The Eatwell Plate.
- When cooking, it is important to always work in a safe and hygienic way.
- Food presentation is important to impress the intended user.
- Taste, texture and flavour are important when cooking.

*Year 5 (Cooking and Nutrition – Roberts Bakery Bread)*

- Dry ingredients need to be rubbed together with the fat, lifting to put air into the mixture.
- Dough is a mixture of flour, yeast and water.
- Dough needs to be kneaded (pulled and squeezed) to make it smooth and ready to use.
- Yeast is a tiny plant which makes bubbles of carbon dioxide when mixed with flour and warm water.

### Key Vocabulary:

- finishing,
- seasoning,
- flavoursome,
- utensils,
- heat sources,
- seasonal



### New Knowledge:

- A range of utensils and equipment can be used to prepare food e.g. potato peelers, graters, knives.
- A range of techniques can be used e.g. peeling, chopping, slicing, grating, mixing.
- Heat sources can be used to cook food e.g. cooker for boiling soup.
- The appearance of the product – shape, decoration and colour – is known as finishing.
- Seasons may affect the food available.
- Seasoning is when salt, herbs, or spices are added to food to enhance the flavour.
- Seasoning is important as it creates flavoursome food.
- Traditionally, 'soup kitchens' are a place where food is offered to the hungry, usually for free or sometimes at a below-market price. They are frequently located in lower-income communities, and often staffed by volunteer organisations, such as church or community groups.

