

# 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—Roman Bread

Summer 2

### Igniting Prior Knowledge:

Year 2 (Cooking and Nutrition – Healthy Stir Fry)

- Fruits and vegetables can be farmed or grown at home.
- Locally sourced produce is more environmentally friendly because of reduced transportation.
- It is important to have a healthy, varied and balanced diet, which includes fruit and vegetables.
- A variety of food processing skills can be used to prepare foods e.g. peeling, cutting, slicing, grating.
- A range of hygiene measures should be in places before preparing/cooking food. e.g. Washing hands, hair tied back, aprons worn.



### Key Vocabulary:

- Dough
- Kneaded
- Reared
- Caught
- Processed

### New Knowledge:

- There are 5 food groups: carbohydrates, protein, milk and dairy products, fruit and vegetables, fats and sugars
- Fresh and processed ingredients can be grown, reared or caught.
- Ingredients can be fresh or processed.
- A processed food is any food that has been altered in some way during preparation. It is food that has been changed from its original state.
- Some ingredients are grown, farmed or caught in different places across the globe.
- Different religions and cultures use foods as part of their festivals and celebrations.
- 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.
- A range of hygiene measures should be in places before preparing/cooking food. e.g. Jewellery is removed, hair is tied back, sleeves are rolled up, aprons are worn, hands are washed.
- Appropriate equipment and utensils are used to prepare and combine food.



**The eatwell plate**  
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.