

Year Group 3
Summer

Knowledge Organiser: Design & Technology

Theme: Rainforest Explorers



Strands:

Cooking & Nutrition

What have I learnt already:

In KS1, you learnt that there are different food groups

To group foods into the five groups on the Eatwell Plate

That hygiene is important when preparing food

To cut, grate & peel ingredients safely

To prepare simple, healthy dishes safely & hygienically

To measure using cups or electronic scales

Key knowledge that will be learnt

A healthy diet is made up from a variety of different food & drink.



Carbohydrates



Fruit & Vegetables



Proteins



Dairy



Sugars & Fats

To measure & weigh ingredients appropriately.

To cut, chop & grate food accurately & safely.



To follow a recipe.



Key Vocabulary

accurately

To do something correctly and exactly, trying not to make mistakes.

measure

To use a spoon, cup or measuring jug to make sure you have the right amount

weigh

To measure the weight of something using a weighing scale

healthy diet

Eating the right amounts of a variety of foods to get the nutrients we need to stay healthy and grow strong