

Year 3 / 4 DT Knowledge Organiser

Food - Sumptuous Sandwiches





What we already know

- We know how to prepare ingredients safely and hygienically.
- We know how to use utensils safely when we made fruit kebabs
- We know what makes up a balanced diet using the Eatwell plate.
- We know how to combine different flavours.

Core Learning / Skills

- Research ingredients for a healthy sandwich
- Use simple utensils and equipment safely
- Understand where fruit and vegetables come from.
- Understand the basic principles of healthy and balanced diet
- Evaluate the finished sandwich against the design criteria

Skills

 <p>using the bridge technique</p>	 <p>Cutting using the claw technique</p>
 <p>Spreading onto bread</p>	 <p>Grating Food</p>

Food hygiene rules when working with food

Wash and dry hands carefully
Remove jewellery
Tie long hair back

Roll up sleeves
Put an apron on

Sticky Knowledge / Vocabulary

Balanced Diet	Eating a variety of different food from the five food groups
Diet	the food and drink that a person or animal usually eats
Healthy	when everything in your body and head feels good
Ingredients	items of food that make up a recipe
Nutrients	all the things in food that a body needs to be healthy
Texture	how food feels in the mouth
Appearance	how the food looks to the eye
Grate	To shred food into smaller pieces
Slice	To cut something with a knife
Raw	Food that is not cooked
Spread	Move something to cover evenly usually with a knife

Let me introduce you to.....

John Montagu, 4th Earl of Sandwich.

Food historians generally attribute the creation of the sandwich, as we know it today, to **John Montagu, 4th Earl of Sandwich**. This Englishman was said to have been fond of gambling. As the story goes, in 1762, during a 24 hour gambling streak he instructed a cook to prepare his food in such a way that it would not interfere with his game. The cook presented him with sliced meat between two pieces of toast. Perfect! This meal required no utensils and could be eaten with one hand, leaving the other free to continue the game.



Food Groups



This is what I will be able to do by the end of this project

I canDesign and create a sandwich for a particular person to meet their dietary needs.



Wraps



Pitta bread sandwich



Sandwich

