# Year 3 / 4 DT Knowledge Organiser Food - Sumptuous Sandwiches

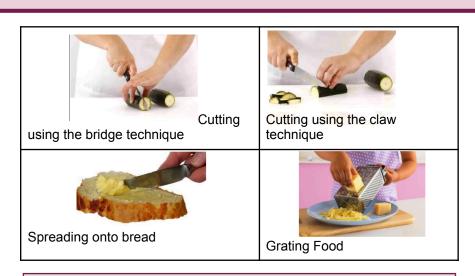
## What we already know

- We know how to prepare ingredients safely and hygienically.
- We know how to 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**



Food hygiene rules when working with food				
Wash and dry hands carefully Remove jewellery Tie long hair back	Roll up sleeves Put and 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.....

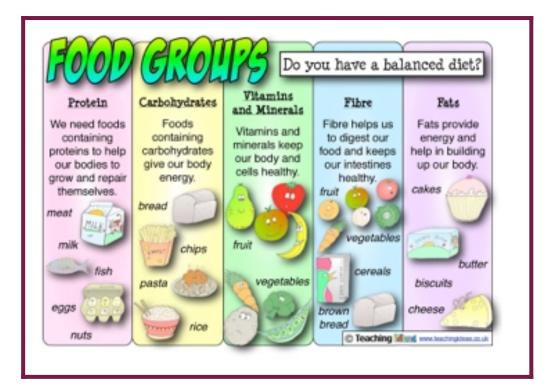
### **Food Groups**

# 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.



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

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



Wraps

Pitta bread sandwich

Sandwich