

Preston Primary School Knowledge Organiser

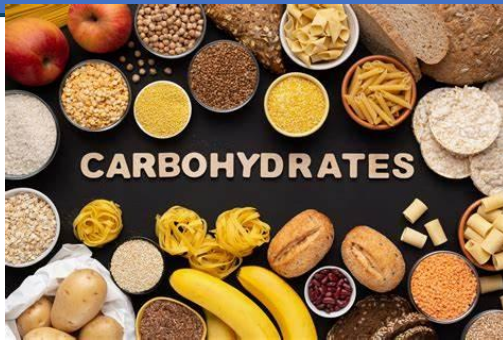
Design and Technology-How can I make an ethically sourced and seasonal dish?

Term: Autumn 1

Unit 4 - Year 5 & 6

Duration: 7 Weeks

Carbohydrates- give us energy and fuel our body.



Protein- strengthen cells, bones, skin, hair and muscle.



Fats- help our bodies with muscle movement, absorbing vitamins and minerals, blood clotting and building cells.



Fibre- keeps the digestive system healthy



Ethically sourced:



Cutting Techniques:

Bridge hold

Claw grip



Key Vocabulary

	Appearance	The way that something looks.
	Affordability	That the price is low enough for most people to be able to buy it.
	Aroma	Food that has a pleasant smell.
	Balanced diet	Eating a variety of foods from all five different food groups.
	Ethically sources	That products and ingredients are found or bought through responsible and sustainable methods where farmers or workers are paid fairly, and products have minimised impact on the environment.
	Seasonal food	Food that can be harvested and is ready to eat in a particular season.
	Savoury food	Food that belongs to the category of salty or spicy rather than sweet.