

Preston Primary School Knowledge Organiser

Design and Technology: How Can I Make a Healthy Balanced Meal?

Term: Autumn 1

Unit 2 - Year 1 & 2

Duration: 7 Weeks

What are we making?



We are going to be designing, making, and evaluating our own pizzas.

We will be learning about healthy choices, safe food preparation, and hygiene when cooking.

Where does food come from?

Food comes from animals or plants.

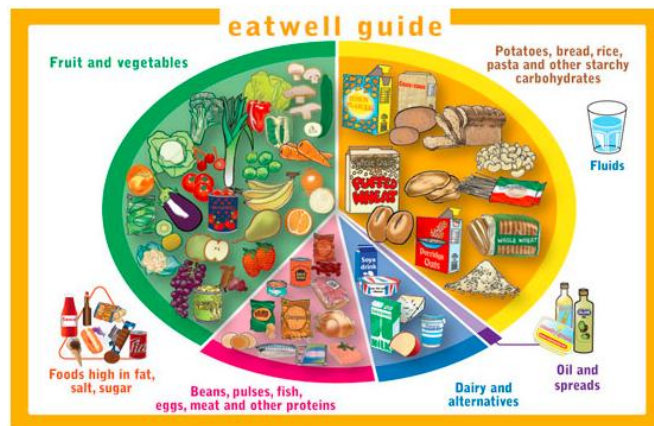


Fruits have seeds inside them. They are the plant's flower.



Vegetables are the edible parts of the plant (roots, stems, leaves or flower). They have no seeds inside them.

Eatwell plate



Dairy products come from animals because they have milk in them. Milk comes from animals.

What are we making? Who for? How can we be successful?



Design Brief: To make a healthy pizza



Client: Parents and carers

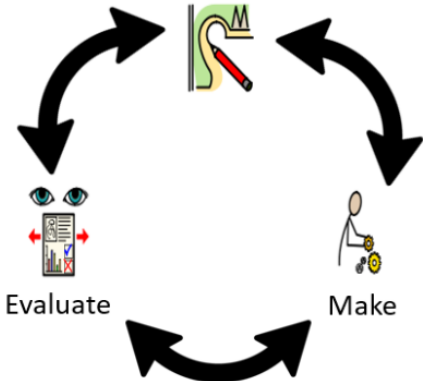
Purpose: To design and make a pizza that forms part of a balanced diet

Design Criteria:

(The steps I need to take for my product to be successful)

- Use healthy ingredients - maximum of 3 toppings
- Cut and prepare the ingredients safely
- My pizza needs to look attractive
- My pizza needs to taste good

Design



In DT, we evaluate existing products. We then follow a cycle where we design, make, and evaluate our products but we don't just do it once! We go back and forth between each step to keep checking, improving, and making our work even better..

Vocabulary

Word	Image	Meaning
Design criteria		The specific and concise requirements that a product must meet <u>in order to</u> be successful. This is used to evaluate the final product.
evaluate	 Evaluate	To form an opinion of the amount, value or quality of something after thinking about it carefully.
Healthy		Good for your health.
design	 Design	The art or process of deciding how something will look, work, etc. by drawing plans, making computer models, etc.
Balanced Diet		A combination of the correct types and amounts of food. If you have a balanced diet, you are getting all the vitamins you need.
Knead		To press something, especially a mixture for making bread, firmly and repeatedly with the hands and fingers.
Hygienic		Clean, especially <u>in order to</u> prevent disease. Food must be prepared and stored in hygienic conditions.
Grate		To rub food against a grater <u>in order to</u> cut it into a lot of small pieces.
Make		To put parts together or combine to create something new.
Dough		Flour mixed with water and often yeast, fat, or sugar is combined to make a dough for baking.