Knowledge Organiser Design & Technology Year 5 Spring
Cooking and Nutrition - What could be healthier?

St Elizabeth's Catholic Primary School
"Love one another as I have loved you"

Beef	Meat that comes from a cow.
Cross-contamination	Cross-contamination is how bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.
Farm	Land or water used to produce crops or raise animals for food.
Method	Following a process or list of instructions.
Packaging	The packet which holds a product safe, ready to be sold and has information on about the product.
Research	The collecting of information about a subject.
Welfare	The health and happiness of a person or animal.

Design ⟶ Make ⟶ Evaluate

Knowledge and skills covered in this topic

- ❏ Children will be able to describe the 'Farm to Fork' process.
- ❏ Children will know that a balanced diet consists of measured amounts of different foods to keep us healthy.
- ❏ Children will be able to use the NHS eatwell guide to determine how much food you should eat from each food group.
- ❏ Children will know the difference in the 5 food groups.
- ❏ Children will know the importance of nutrients and their role in helping the body grow and develop.
- ❏ Children will know how to avoid cross contamination when preparing and cooking foods.
- ❏ Children will know the importance of ethical rules and animal welfare when farming.
- ❏ Children will be able to suggest healthy substitutes for a recipe.
- ❏ Children will know how to amend a recipe or method.

Prior knowledge
Year 1: Differentiating between fruits and vegetables by understanding where and how they grow. Using a safe method to cut fruit and vegetables.

Year 2: Understanding the health benefits of foods, knowing where to find nutritional information on a packet.

Year 3: Knowing that fruits and vegetables are seasonal and how eating seasonally can benefit the environment. Knowing how to follow a recipe and handle kitchen utensils safely.

Year 4: Knowing that choosing different ingredients can change the flavour of food. Knowing the five different flavours that our tongues can taste.

The Farm to Fork Process — Kapow Primary
1. Food production (e.g. animals or plants)
2. Processing (e.g. factory)
3. Packaging
4. Transport to the shop (e.g. lorry)
5. Shop shelves
6. Customers purchase and consume
7. Waste