



Year 4 – DT: Food – Healthy and Varied Diet

Pizza

Key Knowledge	Key Skills	Key Vocabulary (with definitions)	Key Questions
<p>To know some ways to prepare ingredients safely and hygienically.</p> <p>To have some basic knowledge and understanding about healthy eating and The eatwell plate.</p> <p>To have used some equipment and utensils and prepared and combined ingredients to make a product.</p> <p>To research where sandwiches originate from.</p> <p>To know how to use appropriate equipment and utensils to prepare and combine food.</p> <p>To know how to measure accurately using an electronic scale.</p> <p>To know how to make pizza dough.</p> <p>To know how to roll dough.</p> <p>To know how to bake using an oven.</p> <p>To know how to use an oven safely.</p>	<p>To generate and clarify ideas through discussion with peers and adults to develop design criteria including appearance, taste, texture and aroma for an appealing product for a particular user and purpose.</p> <p>To use annotated sketches and appropriate information and communication technology, such as web-based recipes, to develop and communicate ideas.</p> <p>To plan the main stages of a recipe, listing ingredients, utensils and equipment.</p> <p>To select and use appropriate utensils and equipment to prepare and combine ingredients.</p> <p>To chop peel and grate vegetables.</p> <p>To grate safely using a grater.</p> <p>To knead and roll dough.</p> <p>To bake using an oven.</p> <p>To measure accurately using both a jug and scales.</p>	<p>Healthy and varied diet: is a diet that maintains or improve overall health. A healthy diet provides adequate amounts of the nutrients necessary for good health.</p> <p>Pizza: a dish of Italian origin, consisting of a flat round base of dough baked with a topping of tomatoes and cheese, typically with added meat, fish, or vegetables.</p> <p>Dough: a thick mixture of flour and a liquid such as water or milk that is prepared for baking into bread or cake.</p> <p>Knead: to work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.</p> <p>Roll: applying pressure to dough using a rolling pin to flatten dough and make it even in thickness.</p> <p>Bake: to cook by dry heat, usually in the oven.</p> <p>Bridge hold: The bridge technique is used to cut ingredients into smaller, more manageable pieces. Form a bridge over the ingredient with your hand, making the sure the arch is nice and high so there's plenty of room for the knife to fit underneath. Hold the item securely with your fingers on one side and your thumb on the other.</p> <p>Pinch: a pinch is the trifling amount you can hold between your thumb and forefinger.</p> <p>Combine: to bring or join together into a whole.</p>	<p>When investigating:</p> <p>What ingredients have been used?</p> <p>Which food groups do they belong to?</p> <p>What substances are used in the products e.g. nutrients, water and fibre?</p> <p>How do the sensory characteristics affect your liking for the food?</p> <p>Where and when are the ingredients grown?</p> <p>Where do different meats/fish/cheese/eggs come from?</p> <p>How and why are they processed?</p> <p>When making and evaluating:</p> <p>What should we do before we work with food?</p> <p>Why is following instructions important?</p> <p>What is a bridge hold?</p> <p>What is a claw grip?</p> <p>How do we measure accurately?</p> <p>How do we use an oven safely?</p> <p>What do you need to consider to make it part of a balanced diet?</p>



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To know about a range of fresh and processed ingredients appropriate for their product, and whether they are **grown, reared** or **caught**.

To know where/which animal meat comes from. (Beef - cow. Pork, ham and bacon – pig. Lamb – sheep)

To know and use relevant technical and sensory vocabulary appropriately.

To select from a range of ingredients to make appropriate food products, thinking about sensory characteristics.

To carry out sensory evaluations of a variety of ingredients and products. Record the evaluations using e.g. tables and simple graphs. To evaluate the ongoing work and the final product with reference to the design criteria and the views of others.

tsp: teaspoon

tbsp: tablespoon

Ingredients: one of the parts of a mixture.

Method: a way of doing something.

Processed food: ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.

Preference test: trying different foods and deciding which you like best.

Appearance: how the food looks to the eye.

Texture: how the product feels in the mouth.

User: a person who uses or operates something.

Purpose: the reason for which something is done or created or for which something



exists.

How do we select the ingredients?

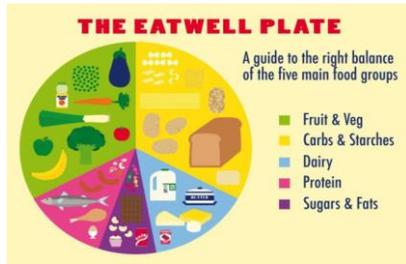
How could we make it appealing to eat?



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The 5 main food groups
(Eatwell plate):
Fruit and vegetables
Carbohydrates
Protein
Dairy
Fats (including oils and
sugar)



Flour
Salt
Sugar
Yeast
Olive oil
Tomato sauce
Mozzarella
Vegetables
Fruit
Knife
Spoon
Whisk
Claw grip
Chopping board
Cooling rack
Rolling pin
Apron
Peeler
Grater
Mixing bowl
Oven
Oven gloves
Measuring jug
Measuring scales

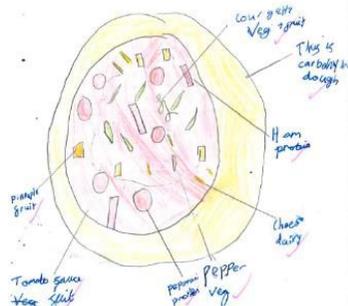
Taste
Sweet
Sour
Hot
Spicy
Smell
Greasy
Moist
Fresh
Savoury
Sweet
Hygienic
Edible
Grown
Reared
Caught
Frozen
Tinned
Seasonal
Harvested



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Outcome: Pizza



Useful links:

<https://www.youtube.com/watch?v=PRn5iONxSQQ>

www.foodafactoflife.org.uk

<https://www.kidspot.com.au/kitchen/recipes/pizza-dough/u1fg9swc>

<https://www.kidspot.com.au/kitchen/recipes/margherita-pizza/84hzozd5>