



Design and Technology

Year 4 – Cooking and Nutrition – Adapting a Recipe		
Prior Learning	Year 4	Future Learning
In Year 3, children will:	In Year 4, children will:	In Year 5, children will:
Design - Designing a recipe for a savoury tart. Make - Following the instructions within a recipe. - Tasting seasonal ingredients. - Selecting seasonal ingredients. - Peeling ingredients safely. - Cutting safely with a vegetable knife. Evaluate - Establishing and using design criteria to help test and review dishes. - Describing the benefits of seasonal fruits and vegetables and the impact on the environment. - Suggesting points for improvement when making a seasonal tart. Technical Knowledge - To know that not all fruits and vegetables can be grown in the UK. - To know that climate affects food growth. - To know that vegetables and fruit grow in certain seasons.	Design - Designing a biscuit within a given budget, drawing upon previous taste testing judgements. - Designing packaging for a biscuit that targets a specific group. Make - Following a baking recipe, including the preparation of ingredients. - Cooking safely, following basic hygiene rules. - Adapting a recipe to meet the requirements of a target audience. - Using a cuboid net to create packaging. Evaluate - Evaluating a recipe, considering: taste, smell, texture and appearance. - Describing the impact of the budget on the selection of ingredients. - Evaluating and comparing a range of food products. - Suggesting modifications to a recipe (e.g. This biscuit has too many raisins,	Design - Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients. - Writing an amended method for a recipe to incorporate the relevant changes to ingredients. - Designing appealing packaging to reflect a recipe. - Researching existing recipes to inform ingredient choices. Make - Cutting and preparing vegetables safely. - Using equipment safely, including knives, hot pans and hobs. - Knowing how to avoid cross-contamination. - Following a step by step method carefully to make a recipe.

- To know that cooking instructions are known as a 'recipe'. - To know that imported food is food which has been brought into the country. - To know that exported food is food which has been sent to another country. - To know that eating seasonal foods can have a positive impact on the environment. - To know that similar coloured fruits and vegetables often have similar nutritional benefits. - To know that the appearance of food is as important as taste.	and it is falling apart, so next time I will use less raisins). Technical Knowledge - To know that the amount of an ingredient in a recipe is known as the 'quantity.' - To know that safety and hygiene are important when cooking. - To know the following cooking techniques: sieving, measuring, stirring, cutting out and shaping. - To understand the importance of budgeting while planning ingredients for biscuits. - To know that products often have a target audience. Vocab Adapt, addition, appearance, budget, buttery, combine, comment, compare, construct, cream, crunchy, cuboid, cut, design, evaluate, fold, hygiene, ingredients, layout, market research, modify, multiplication, opinion, pounds, sieve, sift, target audience	Evaluate - Identifying the nutritional differences between different products and recipes. - Identifying and describing healthy benefits of food groups. Technical Knowledge - To understand where meat comes from - learning that beef is from cattle and how beef is reared and processed. - To know that recipes can be adapted to suit nutritional needs and dietary requirements. - To know that I can use a nutritional calculator to see how healthy a food option is. - To understand that 'cross-contamination' means bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects. - To know that coloured chopping boards can prevent cross-contamination. - To know that nutritional information is found on food packaging. - To know that food packaging serves many purposes.
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Pupils who are secure will be able to:			
- Describe features of biscuits using taste, texture and appearance. - Follow a recipe with support. - Use a budget to plan a recipe. - Adapt a recipe using additional ingredients.			
National Curriculum Subject Content			
Design	Make	Evaluate	Technical Knowledge
- Use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups - Generate, develop, model and communicate their ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design.	- Select from and use a wider range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing], accurately. - Select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.	- Investigate and analyse a range of existing products. - Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work. - Understand how key events and individuals in design and technology have helped shape the world.	- Apply their understanding of how to strengthen, stiffen and reinforce more complex structures. - Understand and use mechanical systems in their products [for example, gears, pulleys, cams, levers and linkages]. - Understand and use electrical systems in their products [for example, series circuits incorporating switches, bulbs, buzzers and motors]. - Apply their understanding of computing to program, monitor and control their products.
Cooking and Nutrition			
- Understand and apply the principles of a healthy and varied diet. - Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. - Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.			