



Year 4 - Autumn - Design & Technology

What I already know...

Using the bridge and claw techniques will help to protect our fingers when cutting foods. .

- A balanced diet is important to help keep people healthy.
- Some foods grow at a specific time of the year. This is called the food being in season.
- It is good to eat foods that are in season.

Key Vocabulary

yeast	A cookery ingredient used to make the air pockets in bread.
knead	To push, roll and squash the dough with your hands.
prove	When the dough is left so that the yeast can grow and make the dough rise.
rise	When the dough grows bigger because of the yeast causing bubbles in the dough.
Food Miles	How far a food has travelled to get to you.

What I will learn...

- The 5 main food groups are: fruit and vegetables; carbohydrates; protein; dairy and alternatives and oils.
- Fruit and vegetables are full of vitamins which help to keep the body healthy.
- Protein helps the body to build and repair muscles.
- We must wash our hands regularly, wear an apron and ensure we use clean equipment when cooking.
- How to plan, prepare and cook a healthy recipe.
- How to accurately measure ingredients and that accurate measuring is important as the quantities of ingredients affect the taste and texture of the recipe.
- The distance a food travels to get to us is called food miles. To help protect the environment, it is good to consider how far food has travelled to reach us.



Making a difference at The Merton

Year 4 will learn how to make healthy food choices. Children will have the opportunity to taste different foods and hopefully find some new favourites. We will also learn how food can affect their physical health as well as how fun cooking is and how delicious healthy foods can be.

We will develop some important cookery techniques and look at how these important life skills can help us in the future.

Making a difference at home

Can they show you the skills they have learnt in school by helping to prepare a meal at home?

Maybe, you could follow a recipe for homemade pizza and have a family pizza night.