



Y3 - Autumn 1 - Design & Technology Knowledge Organiser

What I already know...

- How to prepare fruit and vegetables
- Where fruit and vegetables come from
- How to change a recipe by choosing alternative ingredients
- About healthy, balanced diets

What I will learn...

- Some products that are grown and available in this season and locality with a focus on Syston plums and pumpkins
- How to safely prepare food - personal hygiene,
- How to safely use equipment
- How to safely chop food using the bridge chopping method
- Some simple flavours used in cooking: salt / pepper
- Simple techniques for cooking vegetables - softening, boiling, steaming & roasting

Key Vocabulary

Preparation	The process of getting ingredients ready for cooking and eating.
Seasonal	Things that are available at a certain time of year.
Food hygiene	The things we do to keep food and equipment clean and safe.
Bridge method	A safe way to cut
Seasoning	Salt, herbs or spices added to food to add flavour.
Softening	To make something less hard through cooking.
Boiling	Cooking food in boiling water.



Making a difference at The Merton

Children will learn about and cook with foods that are seasonal and local. At the start of term our own Bell's Wood is full of ripe Syston plums, which we can pick and use to make fruit crumbles.

Nearer the end of this half term we will look at savoury dishes with pumpkins, trying to use all parts of the pumpkin, not wasting it or throwing it away (e.g. using the seeds to make snacks, or the skin to do carvings)

Making a difference at home

Try planting and growing at home - you can grow in a patch of a garden, a small tray or a pot. See how much work does it take to look after and grow plants!

With an adult, you could show your crumble and soup making skills, and try using different ingredients to make different versions.