



Year 3 Knowledge Organiser

DT Spring Term
Healthy Pasta Salad

What I should already know.

- To wash hands and keep work surfaces clean when preparing food.
- Locate on a map where ingredients come from.
- Refer to the Eatwell plate and know to eat at least 5 portions of fruit and vegetables a day.
- Discuss where ingredients should be kept and stored.
- Use a basic range of cooking equipment with support.
- Know how to make a simple dish with support.
- Explain why mealtimes are important to stay healthy.

Cooking and Nutrition

What will I know by the end of the unit?

How to design, plan and make a healthy pasta salad.

How to work safely and hygienically.

Measure, weigh and cut ingredients appropriately.

How to taste-test and evaluate the pasta salads.

Vocabulary

Balanced diet

Texture

Hygiene / Hygienically

Salty

Salad

Crunchy

Fruit

Proportions

Vegetable

Packaging

Pasta

Tangy

Ingredients

Juicy

Bridge and Claw Cutting

Allergies



Key Knowledge

Develop sensory vocabulary/knowledge using smell, texture and feel.

Analyse the taste, texture, smell and appearance of a range of foods.

Follow instructions.

Make healthy eating choices from and understanding of a balanced diet.

Join and combine a range of ingredients e.g. snack food.

Work safely and hygienically.

Measure and weigh ingredients appropriately.

Outcome



Investigate!

Join and combine a range of ingredients e.g. snack food.

Develop sensory vocabulary/knowledge using smell, texture and feel.

Use bridge and claw cutting techniques.

Use the TASC wheel to carry out a project.