



Year 5 Knowledge Organiser

DT Spring Term
South Downs Omelette

What I should already know.

- 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.

Cooking and Nutrition

What will I know by the end of the unit?

How to design, plan and make a local South Downs omelette.

Why it is important to eat seasonally and locally.

Which foods are produced locally at the South Downs National Park.



Vocabulary

Balanced diet

Texture

Hygiene / Hygienically

Nutritious / nourishing

Complimentary flavours

Harvest

Seasonal / Seasonality

Food miles

Locally produced

Packaging

Omelette

Enhance

Ingredients

Sourced

Whisk

Allergies



Key Knowledge

Know how to use utensils and equipment including heat sources to prepare and cook food safely and hygienically.

Taste a range of ingredients/food items to develop a sensory food vocabulary for use when designing.

Select and prepare foods for a particular purpose.

Cut and shape ingredients using appropriate tools and equipment e.g. grating.

Join and combine food ingredients appropriately e.g. beating, frying the ingredients.

Show awareness of healthy diet from an understanding of a balanced diet.

Research seasonal and local ingredients.

Carry out sensory evaluations of a range of relevant products and ingredients.

Outcome



Investigate!

Join and combine food ingredients appropriately by beating and frying.