



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

Know and use relevant technical and sensory vocabulary appropriately.

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

Plan the main stages of a recipe, listing ingredients, utensils and equipment.

Select from a range of ingredients.

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

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

Work safely and hygienically.

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.