

YEAR 4
DESIGN TECHNOLOGY

FOOD & NUTRITION

STICKY KNOWLEDGE

Seasonal means foods are restricted according to the time of the year and the seasons they are grown in. Foods such as herbs, tomatoes and strawberries are grown in the UK, Europe and the wider world.

Food miles are the amount of miles food has travelled from one country to another. It is better for the environment if food travels as few food miles as possible. If we want to enjoy foods from other countries, we have to accept that foods will travel more food miles. We need a variety of foods to enhance our diets.

Many Italian foods are healthy.

We can make healthy pizzas by choosing our toppings carefully and restricting our portion sizes.

FAMOUS PERSON

ANTONIO CARLUCCIO

(1937-2017)

Antonio Carluccio was an Italian chef, restaurateur and food expert based in London. He has been called 'the godfather of Italian gastronomy'. Carluccio wrote twenty books on Italian cuisine.



KEY VOCABULARY

DESIGN

Portion size: the amount of food we eat

Diet: the food and drink that we consume

Healthy: foods which are good for the body

Nutrition: the food necessary for health and growth

Ingredients: the foods combined to make a particular dish

MAKE

Boil: cooking food in boiling water

Simmer: cooking food in water just below boiling point

Bake: cooking using dry heat (in an oven)

Whisk: blending ingredients quickly to fluff them up

Knead: work into dough or paste with the hands

Grate: rubbing food against a sharp surface to reduce it to smaller pieces

Sieve: used for separating ingredients

Hygienic: keeping everything clean to stop the spread of germs

Chopping: cut into smaller pieces or chunks

Slicing: cut into thin, uniform pieces

Peeling: remove the skin or rind

Crusher: crushes food into smaller pieces

Season: the time of year

Temperature: the amount of heat needed to cook a dish

FOOD & NUTRITION

EVALUATE

Appearance – the way the final product looks

Taste: the flavours of the final product

Texture: how the food feels when being eaten

Aroma: the smell of the final product

Health value: how healthy the final product is