

YEAR 6 DESIGN TECHNOLOGY

FOOD & NUTRITION

STICKY KNOWLEDGE

Foods contain different substances, such as protein, that are needed for health.

Food is processed into ingredients that can be eaten or used in cooking.

Not all processed food is a bad choice.
Some foods need processing to make them safe (milk).

Processed food can be unhealthy due to the salt, sugar, fat which is added.

FAMOUS WORK

Beeton was a Victorian writer whose 'Book of Household Management' is one of the most famous cookery books ever published.



FAMOUS PERSON

ISABELLA MARY BEETON (1836-1865)

Isabella Mary Beeton was an English journalist, editor and writer. Her name is particularly associated with her first book, the 1861 work 'Mrs Beeton's Book of Household Management.'

KEY VOCABULARY

DESIGN

Protein: found in meat, eggs, milk, beans

Fats: nutrients found in foods

Carbohydrates: used in the body to produce and store energy

Dairy: foods produced by animals

Starch: a type of carbohydrate found in foods such as potatoes

Vitamins: the nutrients that humans need to grow and be healthy

Sugar: a sweet substance that comes from plants

Processed: any food that has been altered in some way during preparation

MAKE

Boiling: cooking a food in boiling water

Simmer: cooking food in water just below boiling point

Grill: applying dry heat to the surface of food

Bake: a method of cooking using dry heat (in an oven)

Hygienic: keeping everything clean to prevent the spread of germs

Sift: to separate ingredients using a sieve

Roll: to flatten or spread thin

Knead: work into dough or paste with the hands

Pipe: to squeeze icing through a bag to decorate

Slice: cutting into broad, thin pieces

Toss: to mix ingredients by lifting and dropping

Spread: to expand over a larger area using spreading motion

Cooking utensils: equipment used for cooking

Sieve: used for separating ingredients

Knife: sharp instrument used for chopping, cutting, slicing

Peeler: used to remove the skin from fruit and vegetables

Rolling pin: used to flatten/ roll

FOOD & NUTRITION

EVALUATE

Substitute: to swap one ingredient for another similar one

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