



Year 6 DT Knowledge Organiser: Seasonal Cooking – Spaghetti Bolognese



Subject Specific Skills

- Understand and apply the principles of a healthy and varied diet.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- Use a range of food ingredients and kitchen equipment.
- Follow procedures for safety and hygiene independently.
- Accurately following each step of a recipe.
- Measuring accurately and calculating ratios of ingredients to scale up or down from a recipe.
- Describing the taste, texture and smell of seasonal foods.

Prior Learning

- Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet.
- Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.

Key Vocabulary

Adaptation – the process of changing something.

Cook – to prepare food by heating it.

Cross-contamination – when something harmful spreads from one food to another.

Farm – to grow crops or keep animals as a business.

Hygiene – keeping things clean to prevent illness.

Ingredients – the foods a recipe is made from.

Label – something that provides information about the product it is attached to.

Nutrient – substances that help living things stay healthy and grow.

Nutritional value – the nutrients a food or recipe provides.

Process – a series of actions.

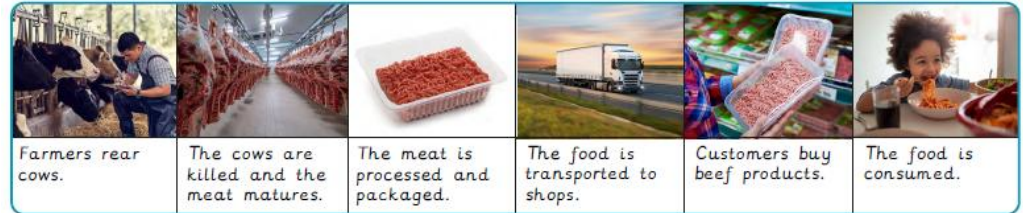
Technical Knowledge:

- Know how to use utensils and equipment including heat sources to prepare and cook food.
- Understand about seasonality in relation to food products and the source of different food products.
- Know and use relevant technical and sensory vocabulary.



Design:

- Generate innovative ideas through research and discussion with peers and adults to develop a design brief and criteria for a design specification.
- Explore a range of initial ideas, and make design decisions to develop a final product linked to user and purpose.
- Use words, annotated sketches and information and communication technology as appropriate to develop and communicate ideas.



Make:

- Write a step-by-step recipe, including a list of ingredients, equipment and utensils
- Select and use appropriate utensils and equipment accurately to measure and combine appropriate ingredients.
- Make, decorate and present the food product appropriately for the intended user and purpose.



Evaluate:

- To be able to evaluate a finished product. What did you most like about making Spaghetti Bolognese? What was most difficult about making Spaghetti Bolognese? How pleased are you with your finished product? What could you do to improve your product further?
- Carry out sensory evaluations of a range of relevant products and ingredients.
- Evaluate the final product with reference back to the design brief and design specification, taking into account the views of others when identifying improvements.