









LKS2 D.T: FOOD AND NUTRITION KNOWLEDGE ORGANISER





Preparing and Cooking Processes	
<p>Preparing Processes</p> <p><u>Preparing processes are the different ways that we get food ready to be eaten.</u></p> <ul style="list-style-type: none"> -Slicing: cutting food using a knife.  -Mixing: to blend ingredients together, using a spoon, blender, or whisk. -Weighing/measuring: to get the right amount of an ingredient, using scales, table/teaspoons Grating: To peel a layer off something (like carrots or cheese) using a peeler or grater. -Serving: making food look nice on the plate. 	<p>Cooking Processes</p> <p><u>Cooking processes are the different ways that we heat food before it is eaten.</u></p> <ul style="list-style-type: none"> -Baking: to cook food in a heated oven.  -Boiling: to cook food in boiling hot water. You can tell it is boiling (100°C) when it bubbles. -Frying: to cook food in a pan of heated oil.  -Grilling: to cook food by putting it under a hot grill (like a radiator in a cooker).

A Healthy and Varied Diet	
<p>Food Groups</p> <p><u>You should now know how much to eat of each food group</u></p> <ul style="list-style-type: none"> -Fruit and vegetables – Eat lots! About 5 portions per day. -Carbohydrates – Eat lots! Include in every meal. -Proteins – You should eat about 2-3 portions per day. -Dairy – You should eat about 2-3 portions per day. -Fats and Sugars – Only eat occasionally and in small amounts. 	

A Varied Diet	
<p><u>-In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for us.</u></p> <ul style="list-style-type: none"> -You should know that within each group, some foods have <u>different benefits</u> (e.g. fish has less fat than red meat). -You should be able to design your own plate - think about foods that go well together, and promote a balanced diet. 	

Where Food Comes From		Key Vocabulary
<p>Grown, Raised, Caught</p> <p><u>You should know that food source is the place where a food comes from, and that food comes from plants and animals.</u></p> <p><u>You should also know that in order for us to get food, we need to grow it, raise it, or catch it.</u></p> <ul style="list-style-type: none"> • In order for us to get pork, we need to <u>raise</u> pigs. Pork is the <u>meat</u> that we get from pigs. • In order for us to get eggs, we need to <u>raise</u> chickens. Eggs are <u>laid</u> by female chickens. • In order for us to get cucumbers, we need to <u>grow</u> a cucumber plant. Cucumbers grow on the vines of cucumber plants. • In order for us to get tuna, we need to <u>catch</u> the tuna-fish. Tuna is the fish that we get from the tuna-fish. 		
<p>Making Bread</p> <p><u>-You should know how some foods are made from ingredients.</u></p> <ol style="list-style-type: none"> 1. Grain is a food that is grown. It is ground into flour (using large stones). 2. The flour is mixed with water and a product called yeast, to create dough. 3. This is covered and left for 1 hour – this is called proving. In this time, the yeast makes the dough rise. 4. The dough is then shaped and put into the oven, where it bakes into bread. 		
		<ul style="list-style-type: none"> Food Group Balanced Diet Healthy Plate Slicing Measuring Crating Serving Boiling Frying Import Export Traditional Dish Health & Safety

Food from Around the World	
<p>You should already know that some of our food is <u>produced locally</u>, whilst some may come from <u>elsewhere in the world</u>. Sometimes, foods can be easily made in lots of different countries. However, sometimes the conditions in a country make it perfect for producing certain foods.</p>	<p>Many places have their own traditional dishes.</p> <ul style="list-style-type: none"> -In the UK, traditional dishes include fish and chips and the Sunday roast. -In Mexico, traditional dishes include burritos, tacos, fajitas & guacamole. <p>What other traditional dishes do you know?</p>
 <p>When we trade in foods from another country it is called importing. When we trade out foods to another country it is called exporting.</p>	

Health and Safety						
-Remove any jewellery and tie back long hair. Ideally, wear a hair net.	-Wear an apron and roll up your sleeves. Tie your apron securely.	-Wash your hands with hot water and antibacterial soap, for at least 20 seconds.	Washing your hands should be done before, during and after preparing food.	Use different chopping boards and knives for raw meat & other foods. This stops bacteria spreading.	Use a food thermometer to check that food is cooked through.	Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan.
					Make sure that you clean up properly after yourself.	



COMPUTING: CREATING MEDIA KNOWLEDGE ORGANISER

Y4



Overview







Photo Editing




- You should already know that we can use digital devices to help us to take and edit photographs.
- There are many different apps and programs to edit and improve photos, for example Photoshop, Luminar and paint.net
- There are lots of different ways that we can edit photographs, for example cropping, rotating, flipping, and changing colours and styles.
- We should understand the not all photographs that we see are real – they may have been edited.



Using Software

Paint.net is one example of photo editing tool, but many others are available. Below is how to select, copy and paste in new elements to edit your photograph.

1. Open the photo and use the 'lasso select' tool to select the area that you need. 
2. Right click on the image and select 'copy.' 
3. Open the image that you want your copied photo in. Select 'paste.' 
4. Use the handles to resize the image, and drag into position. 


 The 'Adjustments' tab allows us to turn the photo black and white, and change contrast & brightness.

 The 'clone stamp' copies pixels from one part to another.  'Recolor' is used to replace colours.  'Magic wand' allows areas with a similar colour to be selected.


 When we want to save our edit, we should click on this icon or the 'save' button. We can reverse the last thing we have done with the undo tool. 


Editing Techniques


Below are a number of different ways that we can edit photographs.


 When we only need a part of a photograph, we can crop the image. We can also enlarge and reduce the parts that we need.

 We can make more than one of an image by copying it. We can also rotate and flip images to create different effects.

 Photograph editing programs often have filters. These can change the colours in a photograph. Different colours can give us different feelings.

 When the lighting of the photograph is not quite right, we can change the brightness of the photograph.

 We can add and remove parts of a photograph by using cut, copy and paste tools.

 We can change the contrast of photographs, making the subjects clearer.

Considerations of Edited Photos

-As photographers and editors become more skillful, and editing programs become more advanced, it can be hard to tell if images are real or edited.

-We therefore need to be alert, and not believe everything we see. We should also edit photos for positive, and not negative reasons (see right).



Positive Reasons for Editing Photos

- To make things clearer;
- To highlight the important things;
- To show things in a nice way;
- To avoid embarrassment.

Negative Reasons for Editing Photos

- To try to deceive people;
- To embarrass or put down others;
- To spread fake news or dishonest ideas.

Important Vocabulary

Photography

Editing

Software

Crop

Rotate/Flip

Copy

Brightness



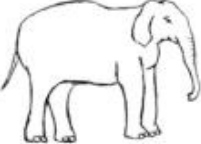

Contrast


Enlarge

Reduce

Year 4 Knowledge Organiser – AUTUMN TERM 2 niveau blanc

Qu'est-ce qu'il y a dans le jardin?	What is there in the garden?
Tout le monde !	everyone
C'est quelle couleur ?	What colour is this?
bleu	blue
rouge	red
vert	green
jaune	yellow

un escargot	un âne	un éléphant	un ours
			

Pronunciation Silent final consonant	Pronunciation Liaison	Grammar conjunction	Grammar adjective	Grammar syntax
The final consonant in French words is almost always silent. There are some exceptions to this rule, such as <i>ours</i> , in which the final 's' is sounded out.	Liaison: when a word ending in a vowel sound is followed by a word beginning with a vowel sound, a final consonant that is usually silent can be sounded out, e.g. <i>C'est un éléphant</i> . Similarly in English, It's an elephant.	A conjunction can link two words or phrases. It can link the final 2 nouns in a sequences, and the final 2 adjectives in a sequence.	An adjective describes a noun. In English, the adjective usually precedes the noun it is describing; in French the adjective usually follows the noun it is describing.	Syntax is the order in which words and phrases are put together to make a meaningful sentence.
le Jardin du Luxembourg 	le Jardin des Tuileries 	le Jardin des Champs-Élysées 	le Jardin du Palais-Royal 	les Jardins du Trocadéro 

Key vocabulary	
Paleolithic	Paleo = Old/Ancient; Lithic = Stone First part of the Stone Age
Mesolithic	Meso = Middle; Lithic = Stone Second part of the Stone Age
Neolithic	Neo = New; Lithic = Stone Final part of the Stone Age
Prehistory	Part of history that begins with first human and ends with invention of writing
nomadic	When people move from place to place short term.
settle	When people stay in one place long term.
archaeology	Study of things that people made, used, and left behind.

The Stone Age lasted a very long time approximately 2.7 million years ago.

Early man were hunter gatherers- moving around and searching for food. They had little time for leisure but left behind some wonderful things that have stood the test of time. Stone Henge is just one example of their legacy



Stone Henge



Hanslope Knowledge Organiser Year Four The Stone Age

The Stone Age – 800,000 years ago – 2400BC



Divided into 3 different eras: **Palaeolithic** (Old stone age), **Mesolithic** (Middle Stone Age), **Neolithic** (New Stone Age)

During the early stages, huge ice sheets covered the country and Britain was connected to Europe by a land bridge called Doggerland – Britain was not yet an island! Early man was **nomadic**. They **hunted** animals and **gathered** other foods like plants and berries to eat.

Towards the end of the Stone Age, early man had begun to **settle** and farm and were no longer **nomadic**.

More vocabulary

BC	BC stands for 'Before Christ' and means the number of years before the year 0 - when Christians believe Jesus was born.
AD	AD stand for 'Anno Domini' - which means 'in the time of our Lord'. AD is used for all years after the year 0 .
Prehistoric	Before people could read or write. We only know what happened thanks to artefacts left behind.
Artefact	An object made by a human being.
Archaeologist	Person who learns about the past by digging up artefacts and studying them.
Settlement	A place where a group of people live together in many buildings.
Hunter gatherer	People who found their food by hunting animals or gathering nuts and berries.
Flint	A type of stone that can be shaped into blades, knives and spears for hunting
Tribes	A group of people that live together for protection

Key Questions

When did they live and for how long?
 What were their homes like? What did they eat?
 What did they do for fun? What is their legacy?
 How did their lives compare to ours?
 Is any aspect of their lives similar to ours?

Year 3: Jazz

Musical style: Jazz

This unit is about Jazz music, including the styles of Ragtime, Dixieland and Swing.

Jazz was started by African-Americans in New Orleans, who mixed African and European musical styles together to create the Jazz style.



FAMOUS JAZZ MUSICIANS

Scott Joplin

Cab Calloway

Ella Fitzgerald

Instruments

Trumpet



Piano



Trombone



Drums



Contrabass



Saxophone



Vocabulary

1890-1920

Ragtime

Early jazz piano music which uses syncopation and off-beats.

1917

Dixieland

A type of jazz music using a large band with call and response and improvisation.

1926

Scat

A type of jazz singing where the vocalist makes up sounds and rhythms to mimic the sound of instruments.

Motif

A short pattern of pitches used repeatedly.

Swung rhythm

A pair of quavers which are not played equally.

Syncopation

Playing or emphasising the off beat.

Tempo

The speed or pace of the music. It can change throughout a piece of music.

Rhythm

A pattern of long and short sounds (and silences) within a piece of music.

Off-beat

The beats in between the ones you would naturally clap on.

Call and response

When the leader sings or plays a part, and everyone sings or plays a response back.

Improvising

Making up music as it is played or performed.



PE Organiser – Y4 Autumn 2



I can show patience and support others
I can listen carefully to others about our work

I am happy to show and tell them about my ideas



Static Balance **Seated**

I can reach and pick up a cone an arms distance away
I can swap hands and place it on the other side
I can reach and pick up a cone at arms distance away and place it on the other side using the same hand
I can hold a V shape with straight arms and legs for 10 seconds



Dynamic Balance to Agility **Jumping and Landing**

I can jump two feet to two feet forwards, backwards and side to side
I can hop forward and backwards freezing on landing
I can jump one foot to the other, forwards and backwards, freezing on landing
I can hop sideways raising knee and freezing on landing
I can jump one foot to the other sideways, raising knee, freezing on landing

Vocabulary

Communicating

Collaboration

Competing

Sideways

V shape

Evaluate

Dribbling

Control

Marking

Attacking

Defending

Competitive

Fair

Team game

Year 4 - Health and wellbeing

Fluoride	A chemical found in toothpaste that helps keep our teeth strong and healthy.
Healthy	Being well, both physically and mentally.
Mental health	Our emotional wellbeing.
Negative emotions	Emotions which make us feel sad or angry.
Positive emotions	Emotions which make us and others around us feel happy.
Relaxation	Doing calming activities such as having a bath or reading a book.
Resilience	A willingness to keep trying even when things become very hard.
Skill	The ability to do something well.
Visualise	To create an image of something in the mind.

Health tips

Visit a dentist regularly to make sure your teeth are healthy.

Keep a diary of things which happen to you and how they make you feel.

Your physical and mental health are equally important and there are things you can do to look after them both.

Getting help

Talk to an adult you trust either at school or at home.

Contact: Childline
www.childline.org | 0800 1111
Calls DO NOT show on the phone bill

Key facts



There are number of things we can do to keep our teeth healthy including: brushing twice a day, visiting the dentist, avoiding sugary food and drinks and using a fluoride toothpaste.



Visualising a special place can help us to relax and deal with problems.

We can learn from our mistakes.

We can all learn new skills.



Different things make different people happy.



Emotions can be positive and negative and we need to learn to deal with both.

Sometimes, people have problems with their mental health. If they do, there are people who can help them.

Does the Christmas narrative need Mary?

Learning Intention:

*To explore the role of Mary in Christian life and in the Christmas story in particular.

Values explored: gratitude and joy

What I should already know

Christmas is a Christian festival to give thanks for the birth of Jesus.

Christmas is a time of celebration and reflection for Christians.

Stories I will know by the end of this unit

The angel Gabriel appeared to Mary and told her that she would have a baby.

Angel Gabriel told Mary that her baby would be God's son and be called Jesus. Mary was very shocked by this but knew that she was very special to be chosen by God.



Mary was engaged to Joseph and had to explain to him what the angel had told her. Joseph believed her and together they prepared for the birth of the baby Jesus by getting married. At the same time, there was a census of all people in the land. This meant everyone had to travel to the town of their birth.



That night, Jesus was born in the stable.



Later that night, an angel appeared to shepherds who were tending to their sheep on a hillside. The angel told the shepherds that the Son of God had been born and they should visit him in Bethlehem. The shepherds immediately left to find Jesus, following a bright star over the stable.

In the East, Three Wise Men spotted a very bright star in the sky. They knew this meant a king had been born, so they travelled with different gifts to give to the new king.

What I will know by the end of this unit

Mary is considered to be the mother of Jesus and that God was His father.

The key events from Luke's gospel that involve Mary and the significance to the Christmas narrative.

Symbols associated with Mary.

Denominations vary in their treatment of Mary.



Key Vocabulary

God Christians believe God is holy and distinct from every other thing.

Christ means 'anointed one' and is another word for Jesus.

Virgin Mary Jesus' mother

Icon a sacred image used in religious devotion



nativity The story from the Bible about the birth of Jesus.

Nazareth The city where Mary and Joseph lived.

Pregnant Expecting a baby.

Bethlehem The town where Jesus was born, sometimes known as The City of David.

census A formal count of all the people who live in a particular place. The Roman census required couples to travel to the husband's place of birth.

inn A house where travellers can stay.

manger A long trough used to feed horses or cattle.

saviour Someone who saves others from harm or bad deeds. Christians refer to Jesus Christ as their saviour.

worship The feeling or act of showing respect, loyalty or love.

Reflection

What is the role of Mary in the Christian story?

Do all Christians feel the same about Mary?

Do you think that she is important to the Christian story?





STATES OF MATTER KNOWLEDGE ORGANISER



Overview

- Matter makes up our planet and the whole Universe.
- There are three main states of matter – solids, liquids and gases.
- Matter can change state, depending on its temperature.
- Several processes describe the processes of changing states, e.g. melting, evaporation, freezing and condensation.
- The water cycle depends upon some of these processes.

Changing States of Matter

States of matter can change, depending upon the temperature of the matter.

- Melting is the process of changing a solid into a liquid.
- Evaporation is the process of changing a liquid into a gas.
- Condensation is the process of changing a gas into a liquid.
- Freezing is the process of turning a liquid into a solid.

Solids, Liquids and Gases

All matter exists in three states: solids, liquids and gases.

<p>SOLIDS</p> <ul style="list-style-type: none"> -Solids hold their shape -Solids are rigid -Solids have a fixed volume <p>Examples include ice cubes, rock, glass and most metals.</p>	<p>SOLID</p>
<p>LIQUIDS</p> <ul style="list-style-type: none"> -Liquids do not hold their shape -They are not rigid -However, they have a fixed volume. <p>Examples include water, oil, blood and milk</p>	<p>LIQUID</p>
<p>GASES</p> <ul style="list-style-type: none"> -Gases do not hold their shape -They are not rigid -They do not have a fixed volume. <p>Examples include oxygen, carbon dioxide and helium.</p>	<p>GAS</p>

Role in the Water Cycle

Changing states of matter play an important part in the water cycle:

EVAPORATION

Energy from the sun heats up the surface of the Earth. This causes the temperature in rivers, lakes and oceans to rise, and evaporate into the air.

CONDENSATION

As the water vapour rises, it cools in the higher air and turns back into liquid – condensation. This creates clouds.

PRECIPITATION

When too much water has condensed, the clouds become too big for air to hold them. Precipitation occurs.

Solids			Liquids			Gases		
Wood	Ice Cube	Glass	Coffee	Water	Shower Gel	Carbon Dioxide	Air	Oxygen