

# DT Knowledge Organisers

Spring 1 2025-26

Year 1

No DT this term.

No DT this term.



# Hanslope Primary School

## Design Technology Knowledge Organiser

### Year 3 - Food - healthy and varied diet (including cooking and nutrition requirements for KS2)

#### Overview:

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.

-You should know that within each group, some foods have different benefits (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.

You should now know how much to eat of each food group

**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.

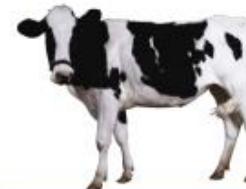


#### What key vocabulary will I learn?

*Food group, balanced diet, healthy plate, slicing, measuring, grating, serving, boiling, frying, health & safety.*

#### National Curriculum Links:

- Use the principles of a healthy and varied diet to prepare dishes
- Understand the origins of the food I'm selecting (cheese -> milk -> cows, goats etc.



#### How does this link to my future learning?

Year 4 - Food - healthy and varied diet (including cooking and nutrition requirements for KS2)

#### What steps will I follow to create my final product?

- Discuss the different food groups and how we need to balance them.
- Taste the different foods and decide which ones we like best.
- Prepare the food using different utensils.
- Cook the food in different forms.
- Eat our food!



#### Health and Safety

-Remove any jewelry and tie back long hair.

-Wear an apron and roll up your sleeves.

-Wash your hands with hot water and antibacterial soap.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods.

Check that food is cooked right the way through.

Check the dates on food, and check for allergies of those eating.

Make sure that you clean up properly after yourself.

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