



DT: Healthy Sandwich Food Technology

Knowledge and skills Enhances and empowers You to Succeed

Cronton CE Primary School

Keys to Success

Autumn Term



Knowledge



Vocabulary

The food groups: carbohydrates, proteins, dairy/fats, fruit and vegetables.

The body uses fat as a fuel source, and fat is the major storage form of energy in the body.

A sandwich is made from two pieces of bread with a filling of other foods.

Usually used as smaller meal or snack.

Hands must be washed before you touch any food.

Foods such as cucumber and tomatoes should be washed for touching them.

Some foods can or have to be peeled before being eaten.

Knives, forks and spoons are used in different ways.

Different tools can be used to prepare foods in different ways.

Tools need to be held correctly and safely.

**Bridge Grip** *Yl fruit salad topic*



### Designing Vocabulary

**Ingredient** food items needed to make the product.

**Recipe** - a list of all of the ingredients that is needed and a list of instructions in the correct order to make the food.

### Making Vocabulary

**Adjust** - change something to make it work better.

**Mash** - crush a food into a soft mixture

**Measure** - e.g. use spoon/jug to measure ingredients.

**Method** - the way to make something

### Food Vocabulary including food names

**Carbohydrate** - substance that is rich in energy and made up of carbon, hydrogen, and oxygen.

**Protein** nutrient found in food (meat, milk, eggs, beans)

**Taste:** how something tastes on the tongue: sweet, sour, bitter, tangy, sharp, bland

**Texture** what it looks or feels like inside the mouth: soft, smooth, chewy, crunchy, crisp, hard, lumpy.

### Technical Vocabulary

**Balanced diet** - foods in the right amounts from each of the food groups:

**Blade** - the cutting part of a knife.

**Bridge Grip**- Hold the food to be cut between the fingers and thumb creating a **bridge**.

**Cutting/chopping board** - a board that is safe to cut on. They can be plastic, wood or glass.

**Prong** - the part of a fork you stick into the food.

**Vitamin** - something in some foods that our body needs to work properly.

