



DT: Perfect Pizza Food Tech

Knowledge and skills
Enhances and
empowers
You to
Succeed

Cronton CE Primary School

Keys to
Success

Autumn



Knowledge



Vocabulary

Pizza originated in Italy, in Europe.

Pizza came to our country when people came from Italy to live and work in the UK.

A balanced, healthy diet is eating the right amount of foods from the different food groups.

Know and name the main food groups, which foods belong to them and what proportion of these we should be eating in simple terms.

Some foods can be used for certain dishes and others are not so suitable.

Know correct grips for tools and for safe cutting.

There are different techniques such as chopping and slicing to prepare food.

We use all our senses when we are eating food and use some vocabulary specific to those: sweet, sour, crunchy etc.



Preparation Vocabulary

Grate - to break up into very small slices.

Slice - to cut something up into thin strips.

Chop - to cut something up into small chunks.

Knead - to press and pull a dough to help activate the yeast and enclose air in.

Food Group Vocabulary

Carbohydrate - a good source of energy made up of carbon, hydrogen, and oxygen.
Fat - a food stuff made from animal or plant products. The body uses fat as a fuel source, and fat is the major storage form of energy in the body.

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

Vitamin - Vitamin means 'vital for life'. Vitamins and minerals are compounds necessary for the healthy functioning of our bodies. We need vitamins and minerals to help us grow, to see correctly, to form bones, muscles, skin and organs, as well as to help us battle infections

Pizza Vocabulary

Base - bread product to place other ingredients on

Dough - a thick mixture usually mainly of flour and liquid that is baked to make bread/ other foods.

Topping - something used to go on top of a pizza