

Y4 Design Technology Knowledge Organisers



TO DO

- ☒ creative
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es!

Innovation

Vocabulary

| | |
|------------------------------------|---|
| grating | To rub food against a grater in order to cut it into a lot of small pieces. |
| slicing | Slicing is cutting an item into thinner pieces. Depending on the food, slices can be crosswise or lengthwise. A carrot, for instance, usually is cut crosswise into |
| chopping | This is a method for cutting food into bite-sized pieces |
| dicing | The process of cutting food into small cubes of equal size. This can help them to cook at the same time. |
| peeling | Peeling removes the outer layer of rind or skin. |
| sieving | Sieving is when we drain away the water. The sieve catches the food and lets the water pass through small holes. |
| stirring | To mix a something in a circular pattern using a spoon, spatula or other utensil. |
| weighing (scales) | We can weigh out ingredients using a scale so we know how much of each ingredient we have. Ingredients are of- |
| measuring (using measuring spoons) | We can measure ingredients to find out how much of each ingredient we have. We can use measuring spoons to help us get the right amounts. |
| tsp | Teaspoon |
| tbsp | Tablespoon |

Y4 Autumn Term—DT (Cooking and Nutrition)

Healthy, balanced diet

Eating a variety of foods keeps our meals interesting and flavourful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients.



- Fruits and vegetables: Fruit and vegetables are a good source of vitamins and minerals. They help our digestion and also help to keep your body healthy, grow, repair and fight infections.
- Carbohydrates: Starchy foods, like bread, rice, potatoes and pasta, are a good source of energy and the main source of a range of nutrients in our diet.
- Dairy: Milk and dairy products are great sources of protein and calcium. Calcium helps to keep our bones and teeth strong.
- Protein: Meat, fish, eggs and beans help the body to grow and repair itself and keep hair, skin, muscles and nails strong.
- Fats: A small amount of fat is an essential part of a healthy, balanced diet.

Seasonality and eating locally

Seasonal food is fresh food that is ready to eat during its preferred season. Some foods are not seasonal. Meat and dairy are available all year. Cows are milked and chickens produce eggs from January all the way to December.

Today we can buy and eat a wide variety of foods all year. Technology and transport mean they do not need to be in season.

However, there are lots of advantages of eating seasonal food which is local to you:

- Food tastes much better when its grown in its natural season.
- Tasty fresh food grown locally in season is cheaper to buy.
- Seasonal food is better for the environment.

Y4 Summer Term—Textiles—Pencil Cases

Existing products

Pencil cases can be made from lots different materials, including: fabric, wood, leather, metal and plastic. Fabric pencil cases are usually fastened with a zip but they can also be fastened with buttons, Velcro or poppers.



A fabric pencil case that closes with a zip.



A leather pencil case that fastens with poppers.



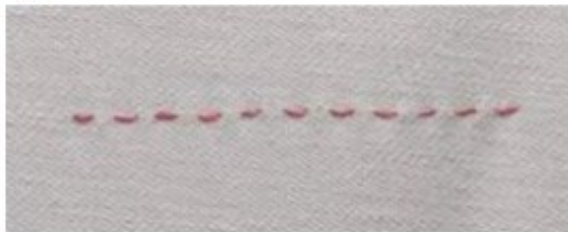
A fabric pencil case that folds closed and is fastened with Velcro.



A plastic pencil case with multiple compartments.

Skill development

Running stitch: A simple stitch consisting of a line of small even stitches which run back and forth through the cloth without overlapping.



Back stitch: A method of sewing in which each stitch overlaps or doubles back on the one before.



Key vocabulary

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| threading a needle | To insert thread through the hole (the eye) of the needle. |
| eye of the needle | The small hole at the top of the needle that the thread goes through. |
| functional | If a product is functional, it is designed for a function or a purpose and has a job to do. |
| aesthetic | Aesthetics are all about how the product looks. |
| intended user | Products are designed with an intended user in mind. This is who you think will use your product. |