

## Design Technology Subject Knowledge Bank Year 3: Food Product

<u>Vocabulary</u>	<u>Definition</u>
<b>Savoury</b>	Food that is salty or spicy rather than sweet
<b>Carbohydrates</b>	Food that can be broken down by the body to produce energy.
<b>Proteins</b>	Food that helps ensure your body functions as it should.
<b>Texture</b>	the feel, appearance, or consistency of a surface or substance
<b>Fats</b>	Foods that give your body energy.
<b>Fibre</b>	Food that helps digestion
<b>Dairy</b>	Food that helps keep bones and teeth healthy

### Food safety

- Safety in the kitchen – hair tied back, aprons on and hands washed and dried thoroughly.
- Ensure enough room.
- Wash fruit and vegetables.
- Safety in the kitchen – use the claw grip and the bridge hold when chopping or slicing with a knife

### Eating healthily (Eatwell Plate).

Have a good balance of:

- Carbohydrates- pasta, rice
- Proteins- meats, cheese
- Fats- biscuits, butter
- Fibre- bread, cereals
- Dairy- milk, cheese
- fruit and vegetables



### Eatwell Plate

