

NPA Knowledge Organiser: Year 3 Design Technology



Rolling pin – A hard, smooth cylinder of wood or marble with handles at each end, used to roll out dough.

Oven gloves – A padded glove or mitten used to handle cooking utensils and dishes when they are too hot to touch with bare hands.

Bridge hold – Cutting technique whereby one hand is used to make a bridge over the vegetable or fruit with fingers on one side and thumb on the other.

Roll – Applying pressure to dough using a rolling pin to flatten dough and make it even in thickness.

Cooling rack – A kitchen tool used to allow various cooked items such as breads, cakes, meats etc. to be placed and cooled or rested immediately after the cooking process.

Bake – To cook by dry heat, usually in the oven.

Pinch – A pinch is the amount you can hold between your thumb and your forefinger.

Combine – Bring or join together into a whole.

tsp – Teaspoon

tbsp – Table spoon



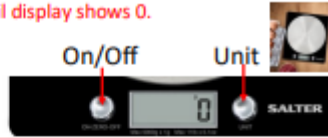
Do you know what these kitchen utensils are called?

Find out!

An example of kitchen safety.

How to measure accurately using an electronic scale: **Put empty bowl on scales, turn on** and ensure they are on zero, if not press on/off button again. **Wait until display shows 0.**

To switch between units tap **unit** to scroll through.



How to make pizza dough: **Combine ingredients, knead dough** 'heel, flip, turn' method, **roll dough to shape using rolling pin.**

How to roll dough: Using a floured work surface, apply pressure with rolling pin to the dough mixture and roll away from you, rotate dough and repeat until you have reached desired shape/thickness.

How to **bake** using an **oven**—plug in, switch plug on, preheat the oven by selecting correct temperature by turning the dial and the time required - **timer must be on for oven to heat up.**

How to use an **oven safely with high temperature**—**use oven gloves** to open oven and stand back to allow any steam to escape, **use oven gloves with both hands when handling hot tray** and use **cooling rack** next to the oven (on the same work surface) to cool tray - leave for at least 10 minutes. Turn oven off by turning timer dial to 0 and switch the plug off at the mains.



Monica Galetti is a famous chef on UK TV's Masterchef: The Professionals. She is also a world famous chef, born in New Zealand.

She has worked in famous restaurants, including Le Gavroche in London. She hopes to inspire young girls and boys to become great chefs in the future as well.



“I am always surprised by what people will buy online.” - Sebastian Bergne

“Enjoy failure and learn from it.” - James Dyson

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By the end of this unit, you'll know:

- How to use weighing scales and measuring jugs
- How to use the bridge and claw technique for cutting
- How to use the hob / microwave under supervision
- How to read and follow a simple recipe.
- A bit about a balanced diet, and that nutrients in food keep a body healthy and active.
- The value of eating sociably.
- How to keep hydrated.
- Why eating regularly is important.
- How to keep teeth healthy.

To choose ingredients from all 5 food groups (Eatwell plate) to



design a healthy pizza:

Fruit and vegetables

Carbohydrates

Protein

Dairy

Fats (including oils and sugar)

THE EATWELL PLATE

A guide to the right balance of the five main food groups



TOP CHEF TIPS

Follow a simple **recipe** understanding the **vocabulary**, e.g. **slice**.

1. Ensure you have all of the ingredients and utensils needed on your work surface or easy to reach before you start.
2. Follow the recipe in order, step-by-step.
3. Look at the measurements carefully and the unit of measurement used, e.g. does it say ml of millilitres or l for litres?
4. Read timings carefully and use a timer precisely to ensure you do not under/over cook.
5. Refer back to your recipe regularly and throughout - you won't be able to just read it once!

How to use a soup maker: Plug it in, switch plug on, ensure lid is on and therefore the blade is inside, once ingredients are inside with water, press on, then press select to choose the mode you require (smooth/chunky) smooth function should display '21' as it takes 21 minutes to simmer, press on again to start.



Where/which animal meat comes from: beef (cow), pork (pig), bacon (pig) and lamb (sheep).

How to measure accurately using an electronic scale: Put empty bowl on scales, turn on and ensure they are on zero, if not press on/off button again. Wait until display shows 0. To switch between units tap unit to scroll through.



Have you seen any cooking programmes on TV? Are they for grown-ups, children or both? Share what you've seen with your classmates. 😊

To **chop, peel and grate** vegetables safely using the most appropriate techniques to attain my cookery skills **grade one certificate**.

To **chop** using the '**bridge hold**'— Using one hand, make a **bridge over** the vegetable or fruit with fingers on one side and thumb on the other, cut down under the 'bridge'.

Bridge hold



'*Knife goes under the bridge, through the tunnel, then chops down*'.

Claw—tucking in thumb

To **chop** safely— using the claw - tucking in thumb or fork hold techniques.

Fork hold



To **grate** safely using a grater— grate away from self, grater positioned downwards against chopping board.

Grate



To **peel** safely using a peeler— peel away from self, peel middle of vegetable, rotate vegetable.

Peel



To **measure** accurately using both: **Measuring jug** (ml) - fill liquid until it reaches required amount looking at the line carefully, pour some away if there is too much. And **electronic scale** (g).



Knead



To **knead** dough— using the '**heel, flip, turn**' method.

To **roll** dough— using a rolling pin and regularly applying flour to avoid dough sticking to surface and rolling pin.

Roll



Oven



Bake using a hot oven and handle a **hot baking tray** safely wearing **oven gloves**.

Oven gloves

