



Knowledge Organiser	Subject: Design and Technology	Topic: American Food	Year: 4
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<u>Key Knowledge</u> <u>Technical knowledge I have already learnt about seasonal food and nutrition.</u> Importance of a balanced diet It is important for children to have a balanced, varied diet to make sure they get all the nutrients and energy their bodies need to grow, work properly, maintain a healthy weight, and feel good. If children don't get all the nutrients they need from their diet, then this could affect their development. Examples of Seasonal Food Let's look at some examples of foods that are in season during each part of the year: ● Spring: Strawberries, asparagus, and radishes are yummy foods that are fresh in spring. ● Summer: In summer, we enjoy sweet tomatoes, peas, and juicy watermelons. ● Autumn (Fall): Apples, pumpkins, and pears are delicious during autumn. ● Winter: During the winter, we can eat carrots, brussels sprouts, and parsnips. How Do Fruit and Vegetables They Grow? Fruits and vegetables grow from seeds, which are tiny parts of the plant. When you plant a seed in soil, it needs water, sunlight, and good soil to grow. After some time, the seed becomes a plant, and then it produces fruits or vegetables. Where Do Our Animal Foods Come From? Animals can provide us with many types of food, such as meat, eggs, and dairy products like milk and cheese. Common animals include chickens (for eggs), cows (for milk), and pigs (for meat). How Are Animals Raised? Most farm animals live in farms where they are cared for by farmers. Farmers make sure the animals have food, water, and a clean place to live. The animals grow, and when they are big enough, they can be used to give us food. Where Do We Get Fish From? Fish are another important source of food. We can find fish in rivers, lakes, and oceans. Some common types of fish we eat are salmon, cod, and trout. Fishermen catch fish by using nets or fishing rods. They often go out to sea or to lakes and rivers to catch the fish, which are then brought back to shops for people to buy.	<u>Key Learning</u> What is American Food? American food is a mix of many different tastes and flavours because the United States is made up of people from all over the world. Imagine a big, colourful garden where every flower is different. The food in America can also be very colourful and diverse, just like that garden! Some popular American foods include: Hamburgers: These are made from ground meat, usually beef, and are served in a bun with various toppings like salad and sauces. Hot Dogs: These are sausages served in a roll, often eaten at picnics or baseball games. Apple Pie: A sweet dessert made from apples, sugar, and pastry, known for being "as American as apple pie!" The History of American Slavery In the past, especially during the 1600s to the 1800s, many people were taken from Africa and brought to America as slaves. This means they had to work very hard without being paid and had no freedom. They often made food that reminded them of home, which influenced what American food became. Connection to Food The foods that enslaved people made and ate were very important. They used local ingredients that were available in America, like: Corn: Corn was used to make dishes like cornbread and porridge. Rice: Rice was a staple food, especially in the southern parts of America. Beans: These were a source of protein and were used in many different meals. Indigenous American Food Before European settlers arrived in America, the Native Americans had their own traditional foods. They grew corn, beans, and squash, which are often called the "Three Sisters" because they grew well together and supported each other. Mexican American Food Mexican American food comes from the traditions of Mexican people who live in America. Tacos and enchiladas are popular dishes, and they often use ingredients like beans, rice, and spices.	<u>Disciplinary Skills</u> ● Generate ideas through brainstorming and identify a purpose for their product. ● Draw up a specification for their design. ● Select appropriate materials, tools and techniques. ● Use skills in using different tools and equipment safely and accurately. ● Evaluate a product against the original design specification. <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="3" style="text-align: center; padding: 10px;">Key Concepts</th></tr> <tr> <td style="width: 33%; vertical-align: top; padding: 10px;"> Design- Design purposeful, functional, appealing products for themselves and other users based on design criteria. Generate, develop, model and communicate their ideas through talking, drawing, templates, mock-ups and, where appropriate, information and communication technology. </td><td style="width: 33%; vertical-align: top; padding: 10px;"> Make- Select from and use a range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing] Select from and use a wide range of materials and components, including construction materials, textiles and ingredients, according to their characteristics. </td><td style="width: 33%; vertical-align: top; padding: 10px;"> Evaluate – Explore and evaluate a range of existing products. Evaluate their ideas and products against design criteria. </td></tr> </table>	Key Concepts			Design- Design purposeful, functional, appealing products for themselves and other users based on design criteria. 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Key Vocabulary	
Grow	To increase in size or amount, or to become more advanced or developed.
Produce	Agricultural and other natural products collectively.
Season	Each of the four divisions of the year (spring, summer, autumn, and winter) marked by particular weather patterns and daylight hours, resulting from the earth's changing position with regard to the sun.
Diet	Food that a person, animal, or community habitually eats.
Processed	Perform a series of mechanical or chemical operations on (something) in order to change or preserve it.
Location	A particular place or position.
Taste	The sensation of flavour perceived in the mouth and throat on contact with a substance.
Texture	The feel, appearance, or consistency of a surface or substance.
Indigenous	Originating or occurring naturally in a particular place; native.
Mold	Form (an object) out of malleable material.
Prepared	Made and ready to use.
Technique	A way of carrying out a particular task, especially the execution or performance of an artistic work or a scientific procedure.
Cultivate	Prepare and use (land) for crops or gardening.



Linking Thinking Across Our Learning Journey						
Early Years	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
	Carnival picnic	Perfect pizzas	Seasonal food	American Food	Bread	Burgers