



Knowledge Organiser	Subject: Design and Technology	Topic: Burgers	Year: 6
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Key Knowledge

Technical knowledge I have already learnt about cooking and nutrition



There are five food groups:

1. Fruit and vegetables
2. Carbohydrates
3. Dairy
4. Protein
5. Fats and sugars

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.

How to follow a recipe :

<https://www.bbcgoodfood.com/recipes/the-big-double-cheeseburger-secret-sauce>

Key Learning

Burgers are a popular food that people enjoy all around the world. They usually consist of a cooked patty (which can be made from meat, fish, or even vegetables), placed inside a bun. You can load your burger with various toppings like cheese, lettuce, tomatoes, and sauces.

Food Safety: When preparing food, it's important to keep everything clean and cook it properly so that it's safe to eat. For example, when we handle raw meat, we must wash our hands and cooking utensils to avoid spreading germs.

Nutrition: Understanding what goes into our food helps us make healthier choices. For instance, while beef burgers are quite tasty, we could also try chicken burgers, veggie burgers, or even bean burgers to have different options that may be healthier or more environmentally friendly.

Key Ingredients in a Burger

Here are some common ingredients you might find in a burger:

Protein: This is what most burgers are made from and can include beef, chicken, turkey, fish, or plant-based proteins like lentils and beans.

Bun: The bread that holds everything together. You can choose from soft brioche buns, wholemeal buns, or even lettuce leaves as a healthier alternative.

Toppings: This can include cheese, lettuce, tomatoes, onions, pickles, and various sauces like ketchup or mayonnaise.

How to make a burger:

<https://www.youtube.com/watch?v=BIG1h2vG-Qg>

Disciplinary Skills

- 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.

Key Concepts

Design-

Use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups. Generate, develop, model and communicate their ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design.

Make-

Select from and use a wider range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing], accurately. Select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.

Evaluate –

Investigate and analyse a range of existing products Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work. Understand how key events and individuals in design and technology have helped shape the world.

Key Vocabulary	
Nutrition	The process of providing or obtaining the food necessary for health and growth
Recipe	A set of instructions for preparing a particular dish, including a list of the ingredients required.
Fry	Cook (food) in hot fat or oil, typically in a shallow pan.
Combine	Join or merge to form a single unit or substance.
Measure	Ascertain the size, amount, or degree of (something) by using an instrument or device marked in standard units.
Balanced diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Ingredients	Any of the foods or substances that are combined to make a particular dish.
Spices	An aromatic or pungent vegetable substance used to flavour food, e.g. cloves, pepper, or cumin.
Vegetarian	A person who does not eat meat or fish, and sometimes other animal products, especially for moral, religious, or health reasons.



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