

## D&T Year 4- Mamma Mia! We're making pizzas!

In this unit of work the children will look at what food is produced in the UK and around the world and discuss seasonality. They will learn how to make a variety of bread rolls and then make their own bread for the base of a pizza and use techniques such as chopping, peeling and grating to prepare toppings. They will also learn about food hygiene and safety in the kitchen when preparing and cooking food.

### In this unit children will:

- **Research where food is grown, reared and caught in the UK, Europe and the wider world.**
- **Research and then apply their knowledge on how to prepare and cook bread and then adapt this into a pizza base.**
- **Know how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.**
- **Measure and weigh ingredients appropriately.**
- **Explain why a healthy diet is important.**
- **Know that to be active and healthy, food and drink are needed to provide energy for the body and identify healthy high energy foods.**
- **Know how to be hygienic and safe with food.**

### Prior Learning

#### Cross Curricular Links

#### Prior Learning

**EYFS:** Begin to develop a food vocabulary using taste, smell, texture and feel when exploring familiar fruit and vegetables. Stir, spread, shape and knead a range of food and ingredients. Start to think about the need for variety in the diet. Work safely and hygienically and measure and weigh food items using non statutory measures.

**Y1:** Begin to understand that all food comes from plants or animals and explore these sources. Use the 'Eat well' plate to begin to sort foods into the 5 groups and know that everyone should eat 5 portions of fruit and vegetables a day. Prepare simple dishes safely and hygienically by chopping, peeling and grating. Measure and weigh food using non-standard measures.

**Y2:** Understand that all food comes from plants or animals and know where it comes from eg is it farmed, caught? Understand how to name and sort foods into the 5 groups by using the 'Eat well Plate'. Know that everyone should eat 5 portions of fruit and vegetables a day and recognise the need for a varied diet. Demonstrate how to prepare non heat source dishes hygienically and safely by cutting, peeling and grating.

**Y3:** Start to know that food is grown, reared and caught in the UK, Europe and the wider world. Understand how to cook savoury dishes using a heat source, using a variety of techniques. Begin to know that to be active and healthy, food and drink are needed to provide energy for the body and distinguish healthy high energy foods. Identify which foods come from the UK and which don't.

### Key Questions

- Why is it best to eat foods which are in season?
- What problems do we face if we eat foods out of season in the UK?
- Why do we have to knead dough?
- What shapes of bread roll can you name?

### Key Vocabulary

- **Grown** – Grown by a farmer in a field/on a bush eg fruit and vegetables.
- **Reared** – Something which is nurtured and grown for food eg a pig or a cow.
- **Heat source** – Something which you use to cook something eg an oven, grill or hob.
- **Peel** – Thinly slice to remove the skin.
- **Chop** – Cut into small pieces.
- **Slice** – Use to knife to thinly cut food.
- **Knead** – A method used to make bread, pushing it with your hands.
- **Gluten** – A mixture of 2 proteins present in cereal grains, especially wheat, which is responsible for the elastic texture of dough.
- **Hygienic** – Following food safety rules to prevent people from becoming ill.
- **Seasonality** – The time of year when a food type is at its best in terms of flavour or harvest.
- **Out of season** – When food has to be imported from another country for us to eat it.

### Key Knowledge

- Some foods that are out of season in the UK have to be imported from around the world. This has negative impacts as it has to travel further to the shops so transport creates more greenhouse gases. If it has to travel further to the shops it may not be as fresh and not taste as good.
- The purpose of kneading bread dough is to form the gluten. The more you move the flour around the more gluten you will develop and this helps the bread to rise.
- Bread can be shaped into lots of different shapes including the cottage loaf, cloverleaf, a rosette and a twist.