Design and Technology
Year 4 Summer 1 – Burps, Bottoms and Bile

As part of your Burps, Bottoms and Bile learning, you will be evaluating different 'healthy' snack bars and designing your own. You will follow a recipe to make your own healthy snack bar and think about how this would be packaged.

Food and Nutrition - Designers of food products need to think about where food comes from and how the food fits into a healthy and varied diet. They must think about the preparing and cooking processes and ways to get food ready to be eaten.

What we know so far

- It is important to work hygienically in the kitchen.
- Knives can be used to cut food. These can be used safely with a bridge grip and a claw grip.
- A balanced diet is a range of food from all food groups.
- That living things need the right amount of nutrition to stay healthy (Yr 3 Spr 2 Science).

Key Vocabulary


Snack – something that you eat between meals.

Appearance – what something looks like.


Healthy – something that is good for your body.

Function – the purpose which something is designed for.

Allergen – something that causes an allergic reaction.


Utensils – tools used in the kitchen.

Product – something that is designed and made for sale.

New Knowledge

There are a range of kitchen utensils I can choose from and these need to be used safely.

grater 

sieve 

knife 


Wash hands

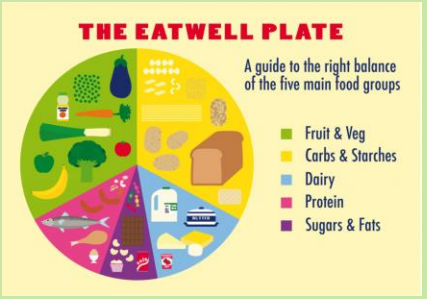

Clean surfaces

Food must be prepared in a hygienic way.

Food products are designed for a target audience.


Packaging needs to be attractive and keep food fresh.

Some foods need to be eaten in moderation, such as sugars and fats.



Nutrition labels on packaging help to identify ingredients, nutritional information and allergens.