



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.



Wash hands



Long hair must be tied back



Clean surfaces

grater



knife

sieve



Food must be prepared in a hygienic way.

Food products are designed for a target audience.

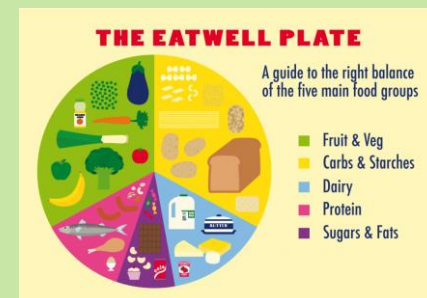


Packaging needs to be attractive and keep food fresh.

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

Nutrition Facts	
1 Serving information	1 cup (227g)
2 Calories	280
3 Nutrients	
Total Fat 1g	2%
Saturated Fat 0.5g	1%
Trans Fat 0g	0%
Cholesterol 50mg	10%
Sodium 100mg	2%
Total Carbohydrate 54g	14%
Dietary Fiber 4g	8%
Total Sugars 4g	8%
Protein 10g	20%
Vitamin D 100%	
Calcium 100%	
Iron 100%	
Potassium 100%	

4 Quick Guide to percent Daily Values (%DV)
- 5% or less is low
- 20% or more is high



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