

# St Mary's Osbaldeston Knowledge Organiser

## Design & Technology – Food & Hygiene (UKS2)

In this unit, children learn how to prepare healthy foods safely and hygienically. They will practise cooking skills, explore balanced diets, and create their own tasty savoury snacks!



## Key Learning

- Food hygiene keeps us safe from germs and bacteria.
- Healthy meals should include different food groups.
- Knife skills help us prepare food safely.
- Cooking equipment must be used carefully and correctly.
- Seasonal and local foods can be healthier and fresher.
- Designing, making, and evaluating help improve products.

## Key Vocabulary

Word	Meaning
Hygiene	Keeping clean to prevent illness.
Bacteria	Tiny living things that can make food unsafe.
Cross-contamination	Spreading germs from one thing to another.
Sanitise	Cleaning to remove germs and bacteria.
Slice	Cutting food into flat pieces.
Dice	Cutting food into small cubes.
Microwave	A machine that cooks food quickly.
Balanced Diet	Eating foods from different food groups.
Seasonal	Food grown at a certain time of year.
Evaluate	Thinking about what went well and what could improve.

## Top Food Safety Rules

- Wash hands before cooking.
- Wear an apron and tie hair back.
- Use knives carefully with a bridge or claw grip.
- Ask an adult before using ovens or microwaves.

- Keep raw and cooked foods separate.

## The Design Cycle

1. Design – Plan your healthy snack.
  2. Make – Prepare and cook safely.
  3. Evaluate – Think about how to improve it.
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***Based on the Food & Hygiene UKS2 Unit Overview***  
*St Mary's Osbaldeston*