

Year 4: DT

Summer Term

Design

Make

Evaluate

Key Vocabulary

Equipment

Ingredients

Aesthetic

Nutrients

Fibre

Sweet

Savoury

Food poisoning



Read more:
Do more:

Bourakakias

Key concepts:

A healthy and varied diet

A healthy and varied diet should include all the different food groups. There are different amounts you should aim to eat of each food group, per day.



Nutrients

Nutrients are essential substances that the body needs. There are different types of nutrient, each with its own purpose:

- **Carbohydrates** provide energy. They are found in bread, potatoes, rice and pasta.
- **Lipids (fats and oils)** provide energy. Lipid-rich foods include butter and chips.
- **Proteins** provide materials to make new cells and to repair damaged tissues, such as muscles. Beans, eggs, fish, meat and milk are high in protein.
- **Vitamins** are vital in many processes. For example, vitamin K helps blood to clot and vitamin C prevents illness. Fruit and vegetables are vitamin-rich.
- There are **16 essential minerals**. These include iron, used to transport oxygen in the blood, and calcium, used in making bones and teeth.

Fibre

Fibre is not a nutrient. It cannot be absorbed by the body and contains no calories or vitamins, however it is necessary for a balanced and healthy diet.

Fibre adds bulk to food, and helps it to pass through the digestive system. Fibre also prevents constipation and heart disease.

Fruit, vegetables and wholegrain cereals are high in fibre.

Water

Around 70% of human body mass is water. Chemical reactions in cells take place in water and the blood transports substances dissolved in water.

Drinking water frequently replaces the water lost in urine, sweat and breathing out.

Traditional Bourakakia recipe:

1. Beat together cheese, egg yolk and parsley until blended and creamy
2. Lay out 3 sheets of phyllo pastry and lightly brush between the sheets with butter
3. Spoon cheese mixture along one side of the dough and then roll it up
4. Place seam side down on a baking sheet
5. Bake until lightly puffed and browned
6. Let cool for 15 minutes before enjoying!

Traditional Greek ingredients



Food hygiene



Wash your hands before and after touching food.



Make sure long hair is tied back.



Start with clean surfaces, utensils and cutlery.

Chop

Slice

Peel

Mix