



GILES BROOK SCHOOL

Knowledge Organiser

Design & Technology - Food & Nutrition

Key Designers / Influencers

Raffaele Esposito - 'Father' of the modern pizza

Francois Boullier - Inventor of the grater in the 1540's

I already know:

- The 5 groups on the 'eat well' plate
- That foods should be combined according to their sensory characteristics
- How to slice, dice and grate food independently



Key Vocabulary

Design criteria	A list of important things to include when making a product
Processed food	Any food that has been changed during preparation
Pre-cooked food	Prepared in advance so can be eaten hot or cold
Fresh food	Any food in its natural state
Recipe	A set of instructions for preparing a dish
Reared	Bring up / care for
Energy	Released from carbohydrates, fats and proteins
Healthy diet	A diet that contains the right amount of food from each food group
Toppings	a layer of food spread over a base to add flavour

Eatwell Guide

Check the label on packaged foods
Each serving (150g) contains

Energy	2000kJ	470kcal	3.0g	1.5g	24g	0.9g
Carbohydrate	45%	7%	20%	15%		

of an adult's reference intake
Typical values (as sold) per 100g/100ml/100kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

