













Spring 2- Design and Technology Knowledge Organiser

Year 1 and 2 - Cooking and Nutrition - Desserts

Vocabulary	Definition
Bake	To cook food by dry heat in an oven, usually in a tray or dish.
Ingredient	Any of the foods or substances used to make a dish.
Recipe	A set of instructions on how to prepare a particular food dish.
Mixing	Combining ingredients together to make a smooth mixture.
Dough	A mixture of flour, water, and other ingredients that is used for baking.
Cake	A sweet baked dish, often made with flour and sugar, sometimes with added flavours.
Oven	A kitchen appliance used for baking or roasting food.
Whisk	A tool used to blend ingredients together, often used for eggs or cream.
Measure	To determine the size, amount, or degree of something, such as using cups or spoons.
Kitchen Safety	Rules and practices to keep the kitchen a safe place while cooking or baking.



SEASONAL FRUIT IN THE UK

JANUARY APPLES, RHUBARB  = blood oranges, clementines, kumquats, lemons, oranges, passionfruit, pears, pineapples, pomegranates, satsumas, tangerines	FEBRUARY RHUBARB  = bananas, blood oranges, clementines, kiwi fruit, lemons, oranges, passionfruit, pineapples	MARCH RHUBARB  = bananas, blood oranges, kiwi fruit, lemons, oranges, passionfruit, pineapples	APRIL  = bananas, kiwi fruit	MAY RHUBARB  = bananas, kiwi fruit	JUNE BLUEBERRIES, BLACKBERRIES, CHERRIES, GOOSEBERRIES, GREENGAGES, STRAWBERRIES  = apricots, kiwi fruit, peaches
JULY BLUEBERRIES, CHERRIES, GOOSEBERRIES, GREENGAGES, STRAWBERRIES  = apricots, kiwi fruit, melons, peaches	AUGUST BLUEBERRIES, CHERRIES, DAMSONS, GREENGAGES, LOGANBERRIES, PLUMS, RASPBERRIES, STRAWBERRIES  = apricots, figs, melons, nectarines, peaches	SEPTEMBER APPLES, BLACKBERRIES, DAMSONS, ELDERBERRIES, MEDLAR, PEARS, RASPBERRIES, RUCKLUSKANS  = figs, grapes, melons, nectarines, peaches	OCTOBER APPLES, BLACKBERRIES, ELDERBERRIES, MEDLAR, PEARS, QUINCE  = figs, grapes	NOVEMBER APPLES, PEARS, QUINCE  = clementines, cranberries, passionfruit, pomegranates, satsumas	DECEMBER APPLES, PEARS  = clementines, cranberries, passionfruit, pomegranates, satsumas

Food Hygiene Rules!

- Tie long hair back!
- Roll up sleeves!
- Wash hands!
- Wipe all surfaces!
- Put apron on!
- Take off jewellery!

Easter Biscuits

Serves: 10 Prep/Cooking Time: 1 hour

Ingredients

- 150g plain flour
- 75g caster sugar
- 75g butter
- 1 egg
- 1 tsp vanilla extract

Method

- Mix the flour, sugar and butter in a bowl with your fingers until combined. Your baby might like to join in with this part!
- Separately, mix the egg and vanilla before adding to the bowl and combining.
- Using your hands, knead the dough together.
- Flatten the dough, wrap in cling film and refrigerate for 15 minutes.
- Preheat the oven to 180°C and line a tray with baking parchment.
- Dust a surface with flour, halve the dough and roll out one half to a thickness of 1 cm.
- Use an oval or egg-shaped cookie cutter to create as many eggs as you can. Transfer to the baking tray and repeat with the rest of the dough.
- Bake for 12-15 minutes until golden and allow to cool on a wire rack before decorating to your liking.

