

Design & Technology – We are chefs- Oatcakes (Year 3)



Key Vocabulary

Rolling pin: A hard, smooth cylinder of wood or marble with handles at each end. It is used to roll out dough.

Oven gloves A padded glove or mitten used to handle cooking utensils and dishes when they are too hot to touch with bare hands; oven mitt.

Bridge hold Cutting technique whereby one hand is used to make a bridge over the vegetable or fruit with fingers on one side and thumb on the other.

Dough A thick mixture of flour and a liquid such as water or milk that is prepared for baking into bread or cake.

Knead To work and press dough with the palms of the hands or mechanically, to develop the gluten in the flour.

Roll Applying pressure to dough using a rolling pin to flatten dough and make it even in thickness.

Cooling rack A kitchen tool used to allow various cooked items such as breads, cakes, meats etc. to be placed and cooled or rested immediately after the cooking process.

Bake To cook by dry heat, usually in the oven.

Pinch A pinch is the trifling amount you can hold between your thumb and forefinger.

Combine To bring or join together into a whole.

tsp Teaspoon.

tbsp. Tablespoon.

To be able to follow a recipe understanding some abbreviations, such as; tsp = teaspoon and tbsp. = tablespoon.

I can choose the right ingredients for a product.
I can understand the principal of a healthy diet. I can make sure that my product looks attractive.
I can describe how my combined ingredients come together.

Eat Well Plate

How could you choose ingredients from all 5 food groups (Eatwell plate) to design a healthy oatcake?

Fruit and vegetables
Carbohydrates
Protein
Dairy
Fats (including oils and sugar)



Key Vocabulary

To chop, peel and grate vegetables safely using the most appropriate techniques to prepare food safely.

The bridge hold

To **chop** using the 'bridge hold'— Using one hand, make a bridge over the vegetable or fruit with fingers on one side and thumb on the other, cut down under the 'bridge'.



'Knife goes under the bridge, through the tunnel, then chops down'.



The claw hold

To **chop** safely— using the **claw**— tucking in thumb or hold techniques.

The fork hold



To **grate** safely using a grater— grate away from self, grater positioned downwards against chopping board.

To **peel** safely using a peeler— peel away from self, peel middle of vegetable, rotate vegetable.

How to

To **measure** accurately using both: Measuring jug (ml) - fill liquid until it reaches required amount looking at the line carefully, pour some away if there is too much. And electronic scale (g).



To **knead** dough— using the 'heel, flip, turn' method.

To **roll** dough— using a rolling pin and regularly applying flour to avoid dough sticking to surface and rolling pin.



Bake using a hot oven and handle a hot baking tray safely wearing oven gloves.



Oven gloves



Fry using a frying pan. Handle with care and safely as it will be hot. Wear oven gloves if handle isn't plastic. Beware of spitting from the pan.



How to

How to measure accurately using an **electronic scale**: Put empty bowl on scales, turn on and ensure they are on zero, if not press on/off button again. Wait until display shows 0. To switch between units tap unit to scroll through.



How to bake using an oven—plug in, switch plug on, preheat the oven by selecting correct temperature by turning the dial and the time required - timer must be on for oven to heat up. How to use an oven safely with high temperature—use oven gloves to open oven and stand back to allow any steam to escape, use oven gloves with both hands when handling hot tray and use cooling rack next to the oven (on the same work surface) to cool tray - leave for at least 10 minutes. Turn oven off by turning timer dial to 0 and switch the plug off at the mains.

How to measure accurately using an **mechanical scale**: Put the weighing bowl on scales, ensure they are on zero, if not twist the toggle to zero before weighing.

