

Runnymede St. Edwards School - Knowledge Organiser

Subject: Design & Technology

Perfect Pizzas

Year: 2

Term: Summer 1

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods



1. What does healthy eating mean?
2. What can a balanced diet consist of?
3. Which tool will be fit for purpose?
4. How can you work safely and hygienically?

Safety

- Do not walk around if you are carrying a knife. Always sit down when you are chopping.
- Make sure an adult is helping you with chopping (if required).
- Always walk slowly and hold blade pointing down when carrying scissors.
- Make sure no one else is within arm's reach. Always cut away from your finger or other body parts.
- Don't catch sharp objects if they are dropped.



Plan



Design



Make



Evaluate

Vocabulary

Balanced diet- a diet which contains all the nutrients in the right amounts to help growth and a healthy body

Food groups- there are 5 groups, you should have a mixture of these for a balanced diet

Hygiene- being clean to make sure we stay safe and healthy

Evaluate- to reflect on something and look at the good parts and the parts you might want to change



Pizza is a type of food that was created in Italy. It is made by putting "Toppings" (such as cheese, sausages, pepperoni, vegetables, tomatoes, spices and herbs) over a piece of bread covered with sauce, most often tomato,

What is your favourite type of pizza?

Did you know?

We use pizza cutters instead of knives to cut pizzas to avoid spoiling the toppings on the pizza!

