

Year 3 - DT Knowledge Organiser

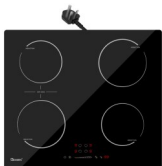
Cooking and Nutrition Sweet and Savoury Scones

What I remember from Year 2...

- How to use the 'Bridge Hold' technique to cut fruit into pieces.
- How to describe steps to prepare food hygienically - remove jewelry and tie long hair back, wear an apron and roll up your sleeves, wash your hands with water and soap before and after preparing food.

Key Knowledge...

Examples of different heat sources used for cooking.



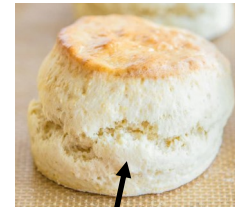
Design...



savoury
cheese
scones



strawberries
and cream



sweet
scones



Key Vocabulary...

Scone - A small, round cake that is like bread.

Sweet - A food that has a similar taste to sugar.

Savoury - A food that is salty or spicy.

Ingredients - An item of food put into a recipe.

Measure - Use a device to get the right amount of something in a recipe.

Grate - Reduce food to small shreds by rubbing it on a grater.

Rubbing-in method - Rubbing fat into flour with your fingertips.

Basic Sweet Scones - Makes 8

350g self-raising flour
1tsp baking powder
85g butter
3tbsp caster sugar
175ml milk
1tsp vanilla extract
Squeeze of lemon juice
Beaten egg to glaze

Basic Savoury Cheese Scones - Makes 5-6

225g self-raising flour
Pinch of salt
Pinch of cayenne pepper
1tsp baking powder
55g butter
120g mature cheddar
90-100 ml milk
Beaten egg to glaze



BBC
goodfood



Key Skills...

Use weighing scales to weigh the dry ingredients in grams (g).



Use a measuring jug to measure the liquid in millilitres (ml).



Use a Pyramid Grater safely to grate cheese.

Nadiya Hussain

British television chef, author and television presenter. Nadiya was 'The Great British Bake Off' winner in 2015.



Fold and mould the dough mixture to create a scone shape.



Use the 'Rubbing-in' method to rub the butter into the flour.



Health and Safety...

Prepare your workspace safely and hygienically by wiping down the surface with antibacterial cleaner.



Use an appropriate utensil to mix / whisk ingredients together.

