

<b>Our Lady and St Edward's Knowledge Organiser</b>	<b>Year 4 - Design and technology</b>	<b>Spring</b>	<b>Scandinavian Food</b>
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**Outcome:** Explore and investigate traditional and modern Scandinavian food. Curing and preserving food.

### Key Knowledge and Concepts

- To understand how Scandinavian cuisine has changed over time.
- To understand the principles of a balanced diet.
- To explore the health benefits of a varied diet that has been influenced by other cultures.
- To prepare a variety of predominantly savoury dishes.
- To utilise preparation and cooking methods native to Scandinavia (curing and preserving food).
- To know where and how a variety of ingredients are grown, reared, caught and processed.
- Tasting a variety of ingredients.



### Key Vocabulary

**Traditional:** Food produced, done, or used in accordance with tradition.  
**Modern:** Relating to the present or recent times as opposed to the remote past.  
**Preserve:** Enable food products to last a longer amount of time.  
**Curing:** Drawing moisture out of food by using salt.  
**Nutrition:** Nutrition is about eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy.  
**Diet:** The kinds of food that a person, animal, or community habitually eats.  
**Flavours:** The distinctive taste of a food or drink.  
**Hygiene:** The conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.  
**Cuisine:** A style or method of cooking, especially as characteristic of a particular country, region, or establishment.  
**Produce:** Produce is a generalised term for many farm-produced crops, including fruits and vegetables.  
**Culture:** The ideas, customs, and social behaviour of a particular people or society.  
**Recipe:** A set of instructions for preparing a particular dish, including a list of the ingredients required.  
**Evaluate:** Decide if your recipe design meets its purpose.  
**Prepare:** To make (something) ready for use or consideration.  
**Pickled:** Food preserved in vinegar or brine.

### Key Information about Scandinavia and their cuisine

**Scandinavia:** Scandinavia is part of northern Europe, generally held to consist of the two countries of the Scandinavian Peninsula, Norway and Sweden, with the addition of Denmark. There are strong historical, cultural, and linguistic ties between its constituent peoples.

**Scandinavian cuisine:** Traditional Scandinavian cuisine features a variety of simple, yet classic flavour profiles which when combined, produce hearty and satisfying meals. One highly recognisable characteristic of Scandinavian food is their preference for cooking methods such as preserving, drying, smoking, salting and pickling. Scandinavian cuisine often uses curing to preserve foods, Curing is any of various food preservation and flavouring processes of foods such as meat, fish and vegetables, by the addition of salt, with the aim of drawing moisture out of the food.

### Health and Safety

All children should be supervised when using equipment.  
**Equipment:** cutlery, hygiene products, foods.  
 Dietary requirements of children must be taken into consideration when preparing and tasting foods.

**NO PRODUCTS CONTAINING NUT:**



### What I should already know:

- Use the basic principles of a healthy and varied diet to prepare dishes.  
Understand where food comes from.

### By the end of this unit, I will know:

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

