



KNOWLEDGE ORGANISER: DT – Cooking and Nutrition Year 4 Block 6

Key Vocabulary

Word	Meaning
Nutrition	The process of eating food that helps our bodies grow and stay healthy
Balanced diet	Eating a mix of different food groups in the right amounts
Dough	A mixture of flour and water used to make pizza bases
Topping	Ingredients placed on top of the pizza
Hygiene	Keeping clean while preparing food
Melt	When a solid turns into a liquid (e.g., cheese)
Design	Planning how something will look and be made
Evaluate	To think about what worked well and what could be improved

Project Summary:

In this unit, you will design and make your own healthy pizza, learning about food groups, balanced meals, and how ingredients change when cooked. You'll also explore how to present your pizza creatively—just like making a portrait in art.



Key outcomes:

- Design a healthy and creative pizza using the Eatwell Plate to guide your ingredient choices.
- Make and cook your pizza safely and hygienically, observing how ingredients change state.
- Evaluate your finished pizza for taste, appearance, and nutritional value—and reflect on your design.

Key Questions

- What ingredients will make my pizza both delicious and healthy?
- How can I present my pizza in a fun, creative way (like a portrait)?
- What changes happen to my ingredients when they're cooked?
- How can I improve my recipe next time?