

DT - Year 4 – Cooking and Nutrition – Pizza Making

Design Question – Can you design and make a new healthy pizza for its customers.

Key Knowledge

Know where food comes from

- Our food is grown, reared and caught in the UK, Europe and the wider world.

Nutrition

- Pizza ingredients can be healthy when considering the healthy eating plate
- Certain flavours of ingredients complement each other. Spices and herbs can affect the flavour of the pizza.

Cooking

- Knead the dough for a sufficient amount of time to develop the gluten into long, elastic strands to create a dough that is perfectly elastic.
- Different food groups (such as meat and vegetables) require separate chopping boards to avoid cross-contamination.

Pioneers

CIBO restaurant is a family owned Italian Eatery in the village of Egerton, to the north of Bolton. Local Chef Bekim Gashi believes in producing excellent quality food using fresh and locally sourced ingredients. By working closely with suppliers, he ensures that only the freshest and best tasting ingredients enter his kitchen - many of which are sourced directly from Italy.



Vocabulary

Flavour	The distinctive taste of a food or drink.	
Herbs	Any plants with leaves, seeds or flowers used for flavouring food.	
spices	An aromatic or pungent vegetable substance used to flavour food.	
seasoning	Salt, herbs, or spices added to food to enhance the flavour.	
mix	Combine or put together to form one substance.	
measure	Using an instrument or device marked in standard units to ascertain size.	
Dough	A thick, malleable mixture of flour and liquid, used for baking into bread or pastry.	
knead	Work (moistened flour or clay) into dough or paste with the hands.	