Design Technology: Grab-and-go snacks- Food Technology

Year 6

Key vocabulary

nutrient	a substance that is needed for healthy growth, development, and functioning
filling	the inside of a food product
casing	the outer shell of a food product
saturated fat	a type of fat that is less healthy than unsaturated fat
pastry	a dough made from flour, fat and water, used for bases and casings

We are building on our knowledge from Easter biscuits in year 4

Key knowledge

To use a knife safely you should us the bridge hold or the claw grip.



Grab and go snacks are usually made of a casing e.g. pastry, dough or breadcrumbs and a filling.



The food we eat originates from different countries/ regions: pasties (Cornwall, England); calzone (Italy); samosas (India); spring rolls (China); sausage/vegetable rolls (England)

There are different types of pastry: shortcrust, puff, filo

There are daily recommended amounts of saturated fats, sugars and salt and food labels show how much of the daily allowance is included in the product/serving.

To getting ready to cook you should: tie back long hair; roll up long sleeves; remove any jewellery, including watches; put on apron; wash and dry hands thoroughly (use anti-bacterial soap or hand wash).