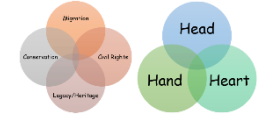




Riversdale Primary School – Pupil Knowledge Organiser



Year Group	6	Unit of Learning	Great Builders: The Ancient Greeks 2	Subject	Design Technology
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Sequence of Lessons

Learning Objective	What are the key characteristics of Greek cuisine?	What are some traditional Greek dishes?	Can we design a healthy Greek-inspired dish for our families? Initial Ideas	Can we design a healthy Greek-inspired dish for our families? Recipe Building	How do we make our Greek-inspired dish?	How can we evaluate our Greek dish?
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Key Vocabulary

Mediterranean ingredients
oregano
whole grains
lean proteins
vegetables
healthy fats
olive oil
nutrients
healthy briny
creamy
tangy

fresh
earthy
source
local
seasonal
cross-contamination
chop/slice/peel/grate
bridge hold
claw grip
combine/mix/stir
crumble
appearance
taste
texture

Key Knowledge

- The Mediterranean diet emphasises whole grains, lean proteins, and healthy fats.
- Greek cuisine features fresh, locally sourced ingredients.
- Common Greek flavours include a balance of the briny, creamy and tangy, freshness and earthiness.
- Traditional Greek dishes include moussaka, souvlaki, Greek salad, and spanakopita.
- When designing a healthy dish, we need to consider the nutritional properties of ingredients.
- Cooking techniques in Greek cuisine involve grilling, baking, and roasting.
- Use the correct cutting board for the ingredient to avoid cross-contamination.
- Using cutting techniques such as a bridge hold, and a claw grip for safety.
- To achieve a balance of flavours, ingredients should be accurately weighed and measured.
- To assess the final dish we look at appearance, taste, and nutritional value.

Key Concepts



Key Assessment Questions

- What are the main elements of the Mediterranean diet?
- What are some key ingredients used in Greek cuisine?
- Can you name some of the common Greek flavours?
- Name a few traditional Greek dishes you've learned about.
- Why is it important to think about the nutritional value when creating a dish?
- What are some cooking techniques commonly used in Greek cuisine?
- Why is it important to use the right cutting board for specific ingredients?
- What are some safe cutting techniques you should use?
- Why is it important to measure and weigh ingredients accurately when cooking?
- What aspects should we consider when evaluating a dish we've prepared?