

Emscote Infant School Knowledge Organiser Year 1 DT



Summer Term Our Dips and Dippers

Key Vocabulary

Food & Ingredients

- **Dip** – a thick sauce or spread you can dunk food into
- **Dipper** – food you dip (like vegetable sticks and bread)
- **Ingredient** – something used to make food
- **Texture** – how something feels when you eat it (smooth, chunky)
- **Appearance** – how something looks

Hygiene & Safety

- **Hygiene** – keeping clean to stay healthy
- **Wash** – cleaning hands and surfaces
- **Safe** – doing things carefully so no one gets hurt or sick

Healthy Eating

- **Balanced diet** – eating different foods for good health
- **Food groups** – categories of foods (like vegetables or proteins)

Design & Evaluate

- **Design** – plan how a dip and dippers recipe will look and taste
- **Evaluate** – think about what worked well, what could improve
- **Improve** – changes to make it better next time

How can we plan, make and evaluate healthy dips and dippers?

Key Knowledge

- ✓ What dips are (hummus, salsa, raita)
- ✓ Ingredients used in dips (esp., vegetables, chickpeas)
- ✓ Food hygiene rules - wash hy hands, heaping food
- ✓ Balanced diet basics
- ✓ How to design and evaluate dip and dippers recipe



Skills

- ✓ Always wash your hands before you start
- ✓ Keep your table clean
- ✓ Make sure food is fresh
- ✓ Ask an adult to help with sharp knives



Hygiene & Safety

- Hygiene**
keeping clean to stay healthy
- Wash**
Cleaning hands and surfaces
- Safe**
Doing things carefully so no one gets hurt

Healthy Eating



Design & Evaluate

