

Mexborough St Johns DT Knowledge Organiser: Food and Nutrition- Sandwiches Y2

Types of Sandwiches:

Closed Sandwich



Open Sandwich



Pinwheel



Layered Sandwich



Finger Sandwich



Vocab:

Layer: To arrange ingredients on top of each other.

Toast: To cook or brown something.

Chop: To cut in to chunks.

Slice: To cut in to thin discs.

Squeeze: To press fruit to release its juice.

Grate: Shred food in to small parts.

Peel: To remove the outer layer of skin or covering.

Texture: How something feels or looks.

Nutrients: A substance that provides nourishment essential to maintain life.

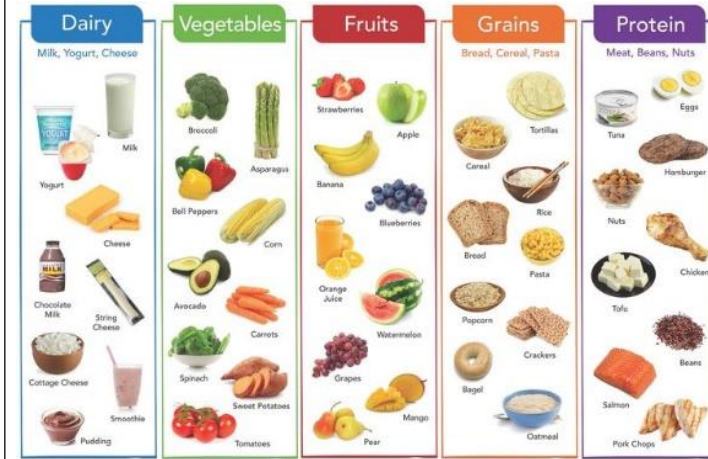
Balanced diet: A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

Key Questions and Knowledge:

- All things are designed with specific purpose and audience.
- Designs and prototypes need to be evaluated and adapted based on need.
- Which sandwich type will you create?
- How will you prepare the ingredients? Chop? Slice? Grate?
- Which food groups will you include?
- Will it include a spread? Sauce? Dressing?
- Which bread type is appropriate for your sandwich?

Nutrition:

The sandwich is an excellent way to get several food groups in to one meal. The bread provides the grain, meat provides protein, cheese and milk-based sauces provide dairy and adding salad provided the fruit and vegetables. The sandwich can become a balance meal on the go. It can be made as a lighter lunch, or built up with more ingredients for a more substantial meal option.



Mentionable Information:

The sandwich was popularised in England in 1762 by John Montagu, the 4th Earl of Sandwich (and where the sandwich gets its name from). Legend has it that he enjoyed to play cards for hours at a time. One day, he had been playing cards for so long that he asked the house cook to bring him something he could eat without leaving the table, and thus the sandwich was born! He enjoyed his handheld between bread that it became popular in London society circles and spread

Layers to consider:

Meat/Cheese/
Vegetable
main filling

Bread

Salad

Spread/Sauce

