



Outdoor Learning Knowledge Organiser		
Year group: 4	Topic: Foraging and Cooking	Harvesting and preparing courgettes, onions, garlic and herbs.
Key Question: How can fresh produce support a balanced diet?		

Key Vocabulary:  
Balanced diet, seasonality, harvest, vegetables, herbs,

Links to National Curriculum – DT

Understand and apply the basic principles of a healthy and varied diet.

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.

Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.



My outcome will be

To prepare fresh food using grown produce to show a greater understanding of a healthy diet.



What key knowledge will I have by the end of this journey?

To understand the advantages of a healthy and varied diet.

To harvest a selection of vegetables.

To begin to explore the use of herbs.

To follow a recipe.

What key skills will I have by the end of this journey?

I can demonstrate how to be safe and hygienic.

I can use a range of utensils to prepare vegetables.

I can discuss and choose how to season a dish.

I can evaluate a dish and suggest improvements that I could make.

Links to previous and future learning

In Year 3  
To explain and demonstrate safe and hygienic practices when cooking.

In year 4

In Year 5  
To choose, harvest and prepare vegetables and herbs to create savoury dishes.

In year 6  
To have chosen, picked, and prepared vegetables and herbs and to select from a range of spices to create savoury dishes.