



DT – Year 4

Greek Salad

(Previous knowledge – Bread making
Year 3)

Vocabulary

Tier 1	Tier 2	Tier 3
fresh	Texture	Mediterranean
Healthy	Nutrients	Kneading
Slice	Taste	Claw grip
peel	Crumble	Bridge hold
Chop	Combine	Cross-contamination
Mix	Hygiene	Import/Export

Useful Resources

<https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-ks2--ks3-salad/znwc8xs>



Kneading: Flexible dough formed. Stretch it away from you with the heel or knuckles of one hand and fold it back over the top towards you. Repeat.

Claw technique: Shape the fingers of one hand into a claw shape, tucking the thumb inside the fingers.

Bridge technique: fingers should be on one side and the thumb should be on the other. Hold the food to be cut between the fingers and thumb creating a bridge.



Greek Salads

What are the key characteristics of Greek cuisine?

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.

What is traditional Greek food ?

Traditional Greek dishes include moussaka, souvlaki, Greek salad, and spanakopita. Some popular Greek food is pita bread, tzatziki and olives.

Why is hygiene so important when cooking?

Before preparing food, it is important to wash your hands and ensure surfaces and equipment is clean. Using different chopping boards is important to avoid cross -contamination. Cross contamination can cause food poisoning.

