

Design Technology Year 1 Summer: Dips and Dippers

Hummus is a Middle Eastern dip, spread, or savory dish made from cooked, mashed chickpeas blended with tahini, lemon juice, and garlic.



Guacamole is an avocado-based dip, spread, or salad first developed in Mexico.



Salsa is a variety of sauces used as condiments for tacos and other Mexican and Mexican-American foods, and as dips for tortilla chips. They may be raw or cooked, and are generally served at room temperature.



Raita Riti is a condiment in South Asian cuisine made of dahi together with raw or cooked vegetables, more seldom fruit.



Thousand Island dressing is an American salad dressing and condiment based on mayonnaise that can include olive oil, lemon juice, orange juice, paprika, Worcestershire sauce, mustard, vinegar, cream, chili sauce, tomato purée, and ketchup or Tabasco sauce



Key Knowledge to know and use

It is important when working with foods to sticks to some rules: wash your hands, tie back long hair, where an apron, be careful of sharp tools

To stay healthy, humans need a balanced and varied diet. This includes foods from the 5 different food groups.

To design a new dip, it is important to know the dips already available and what people like. Tasting and asking questions about dips will help.

Tasting dips and dippers can help to know which foods go well together.



Key Vocabulary to learn and use in your learning

Word	Definition
dip	A sauce which you put food in before eating it.
dipper	A piece of food that you place in a dip before eating it.
Healthy, balanced diet	A balance of foods from the five food groups to help humans to feel good in their body and head.
taste test	When you eat different things to decide which ones you like best.