



Year 3 Design and Technology: Cooking and Nutrition

How can we prepare healthy foods from around the world?



Prior Learning

- Know some ways to prepare food hygienically and safely.
- Have some understanding of 'The Eatwell Plate' and how to maintain a healthy diet.
- Used some equipment and utensils to prepare and combine ingredients.

Sticky Knowledge

- I know about a range of fresh and processed ingredients and whether they are grown, reared or caught.
- I understand the key nutrients needed for a healthy diet, understanding 'The Eatwell Plate' and using this to plan a healthy product.
- I can carry out sensory evaluations of ingredients and record my evaluations carefully.
- I can design an appealing product for my user based on sensory evaluations, using annotated sketches and web-based recipes (where appropriate).
- I can plan the main stages of a recipe, listing ingredients, utensils and equipment.
- I can select and use appropriate utensils and equipment to prepare and combine ingredients safely and hygienically.
- I can evaluate my final product against the design criteria and the views of others.

Vocabulary

Product*	What you are making.
User*	Who is going to use the product.
Purpose*	What the product is going to be used for.
Function*	What does your product need to do to work.
Ingredients*	Any food that is needed for a dish or meal.
Diet*	The kind of food that a person eats.
Recipe*	The steps needed to make a dish or meal.
Nutrients*	All the things in food that the body needs to stay healthy.
Appearance	How the product looks to the eye.
Texture	How the product feels in the mouth.
Processed	The way raw ingredients are made into food.

Are you ready to cook?



Tie back long hair

Wear an apron

Wash your hands

Remove jewellery

Roll up long sleeves

Get ingredients ready

Get equipment ready



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How do I describe an ingredient?

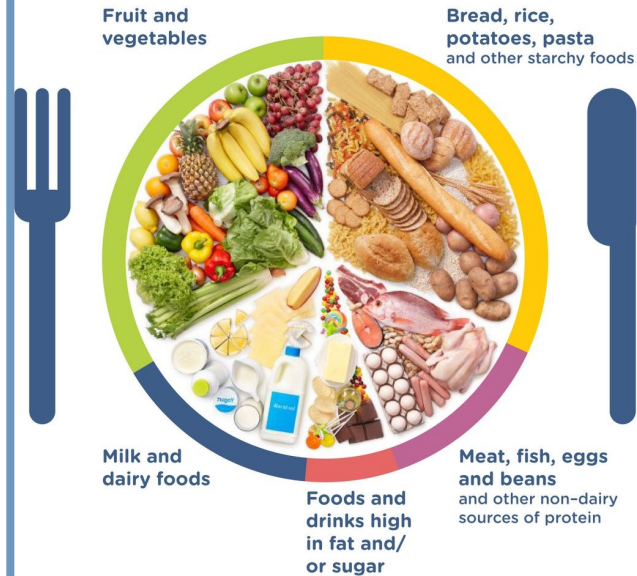
Appearance	Smell	Flavour/	Texture
Colourful	Fruity	Salty	Crispy
Dark/pale	Meaty	Herby	Crunchy
Greasy	Smoky	Spicy	Soft
Moist	Oniony	Fishy	Chewy
	Garlicky	Smoky	Sticky
	Fishy		Smooth
			Hard

What equipment will we need?

Apron Peeler Spoon Scissors Knife Bowl
 Chopping Board Grater Spatula Jug
 Measuring Scales Rolling pin Frying pan (tawa)

The Eatwell Plate

Use the Eatwell Plate to help you get the balance right. It shows how much of what you eat should come from each food group.



What skills will I need?



Bridge Hold



Claw Grip



Measuring Ingredients



Kneading



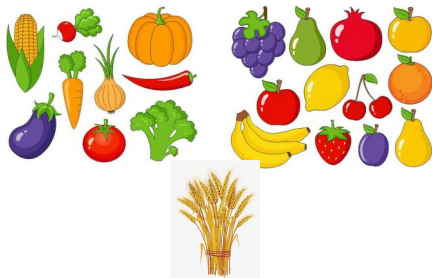
Grating



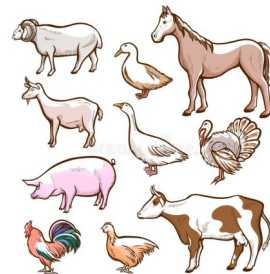
Frying

Where do our ingredients come from?

Grown



Reared



Caught



Processed

