

DT

Scouse

Year 3

What I should already know

- Name the 5 different categories of food. (Carbohydrates, protein, fats and sugars, fruit and dairy) (See Y3 Science Animals including humans)
- We should eat 5 pieces of fruit and vegetables a day. (See Y2 DT Fruit Salads, Y3 Science Animals including humans.)
- The correct tools to cut, slice, dice, chop. (See Y2 DT Fruit Salad)



Sticky Knowledge

Understand that food is grown, reared and caught in the UK, Europe and the wider world.

Know the key ingredients of scouse, that it originated from Norway and how it's ingredients are grown and produced.

Know that a healthy diet is made up from a variety of different foods and drink and that to be active and healthy, food and drink are needed to provide energy for the body.

Know how to prepare and cook scouse using a slow cooker.

Know that some recipes need to be adapted to suit particular diets, allergies and intolerances.

Technical Knowledge and skills

- Investigate and analyse a range of existing products including discussing ingredients and preferences.
- Carry out research surveys to determine the wants of particular groups.
- Choose appropriate ingredients to make scouse.
- Select and use a range of tools and techniques to make scouse. I.e chopping, dicing, pouring, mixing, stirring, grating, peeling..
- Prepare and cook scouse, using a slow cooker.
- Evaluate their scouse against their own criteria and consider the views of others.

Vocabulary

Combine	Join or merge to form a single product.
Allergy	A damaging response by the body to a particular food or substance.
Intolerance	An inability to eat a certain food or product.
Nutrition	The process of getting the necessary food to grow and be healthy.
Dairy	Containing or made from milk.
Carbohydrate	A source of energy that when not burnt off will be stored as fat.
Protein	A component of the eatwell plate that includes meat, fish, bread, nuts and seeds.
Sugars	A form of carbohydrate that is sweet and soluble.
Soluble	Dissolves in water.