

**DT**

**Cooking and Nutrition: Eating seasonally**

**Year 3**

What I should already know

- Diet is the food and drink that a person or animals usually eats.
- The five main food groups are carbohydrates, fruits and vegetables, protein, dairy and oils and spreads.
- That 'ingredients' means the items in a mixture or recipe.
- How to cut, grate, snip and spread to prepare foods.



Vocabulary

Appearance	The way something looks.
Climate	The weather conditions that an area usually has.
Design	A plan for a recipe or dish.
Evaluate	To decide how good something is and suggest improvements.
Export	Food sold in another country.
Import	Food bought from another country.
Ingredients	Food that a recipe is made from.
Peel	To remove the skin of fruit or vegetables.
Seasonal	Food that grows at a certain time of year.
Temperate	A climate with four seasons, like the UK.
Texture	The way food feels in your mouth.
Weather	The temperature or conditions outside.

Technical skills

- Describing how climate affects where foods grow.
- Identifying seasonal ingredients from the UK.
- Tasting seasonal ingredients.
- Describing the texture and flavour of ingredients.
- Peeling foods by hand or with a peeler.
- Cutting ingredients safely.
- Choosing ingredients based on a design brief.
- Following the instructions within a recipe.
- Describing the benefits of seasonal fruits and vegetables and their impact on the environment.

Sticky Knowledge

Understand that seasonal means food that grow in a given country.

To know that some seasonal foods grow in the UK and what season they grow in.

Eating seasonal food can have a positive impact on the environment.

The appearance of food is as important as taste.

