

DT

Cooking and Nutrition: Eating Seasonally

Year 3

What I should already know

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



Sticky Knowledge

- 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 the taste.



cutting



grating



spreading



taste testing



peeling

Vocabulary

Appearance	The way something looks.
Climate	The weather conditions that an area usually has.
Complimentary	The things that go together like colours or flavours.
Design	A plan for a recipe or dish.
Evaluate	To decide how good or bad something is.
Export	Food sold in another country.
Import	Food bought from another country.
Peel	To remove the skin of a fruit or vegetable.
Seasonal	Food that grows at a certain time of year.
Temperate	The climate with four seasons like the UK.
Nadiya Hussain	Nadiya Hussain is a British baker, author and TV presenter. She is famous for her creative cooking, tasty bakes and recipes that mix traditional flavours with new ideas, inspiring people to enjoy cooking.



Technical skills

Design:

- Choosing ingredients based on design brief.

Make:

- Peeling foods by hand or with a peeler.
- Cutting ingredients safely.
- Following the instructions within a recipe.

Evaluate:

- Tasting seasonal ingredients.

Technical knowledge:

- Describing how climate affects where foods grow.
- Identifying seasonal ingredients from the UK.
- Describing the benefits of seasonal fruits and vegetables and the impact on the environment.

