



Subject: DT
 Year group: 3
 Term: Summer
 Unit name: Food- Healthy and varied diet

Prior Knowledge –

- Know some ways to prepare ingredients safely and hygienically.
- Have some basic knowledge and understanding about healthy eating and The eatwell plate.
- Have used some equipment and utensils and prepared and combined ingredients to make a product.

Techniques



National curriculum- technical knowledge

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of techniques
- Understand seasonality and know where and how a variety of ingredients are grown, reared., caught and processed. Know about a range of fresh and processed ingredients appropriate for their product. and whether they are grown. reared or caught.

Key vocabulary

name of products	savoury
names of equipment	hygienic
utensils techniques and ingredients	edible
texture	grown
taste	reared
sweet	caught
sour	frozen
hot	tinned
spicy	processed
appearance	seasonal
smell	harvested healthy/varied diet
preference	planning
greasy	design criteria
moist	purpose
cook	user
fresh	annotated sketch
	sensory evaluations

Design Process

Investigative and Evaluative Activities (IEAs)

Focused Tasks (FTs)

Design, Make and Evaluate Assignment (DMEA)



Enriching lives every day; enabling our school community to learn, achieve and flourish through living 'life in all its fullness'



Key Learning Assessment Statements- what will the children know by the end of the unit?

To investigate a range of food products and identify which ingredients have been used and what food groups they belong to.

To understand the principles of a healthy and varied diet.

To be able to carry out sensory evaluations on the contents of the food and record results using appropriate words to describe the taste/smell/texture/appearance.

To explain how a variety of ingredients are used in products that are grown and harvested, reared, caught and processed.

To demonstrate a range of techniques as appropriate to prepare ingredients hygienically including:

- the bridge and claw technique
- grating
- peeling
- chopping
- slicing
- mixing
- spreading
- kneading
- baking

To practise food preparation and cooking techniques by making a food product using an existing recipe.

To be able to identify basic food hygiene practices when handling food.

Spiritual Development

DT Gives children the opportunity to work creatively and explore ways to make lives better for those around us.

Exodus 34:35 He has filled them with skill to do all kinds of work as engravers, designers, embroiderers in blue, purple and scarlet yarn and fine linen, and weavers—all of them skilled workers and designers.