



Area: Cooking and Nutrition

Year: 3

Subject: Design and Technology

What should I already know?

- all food has to be farmed, grown or caught
- name the five food groups
- standard and non-standard measures
- the six groups of taste

How will I use this learning in the future?

In Year 4, I will learn about how food gives us energy and how our diets have changed over time. I will also learn other cooking techniques, such as creaming, cubing and simmering.

What vocabulary should I learn?

carbohydrate	can be broken down to release energy
cross-contamination	when bacteria is unintentionally transferred from one substance or object to another, with harmful effect
dairy	contains or made from milk
dulcet	sweet, pleasant, gentle; not harsh
increment	marks on a scale
minerals	chemicals that help our bodies to function
protein	builds and repairs tissue in the body (bones, muscles, skin, blood)
savoury	salty or spicy rather than sweet
vitamins	nutrients needed by our bodies to them work (most cannot be made by the human body)

What should I know/be able to do by the end?

Designing

Develop more than one initial design or keep adapting a design to make it fit purpose.

Think ahead and plan equipment and ingredients needed.

Evaluating

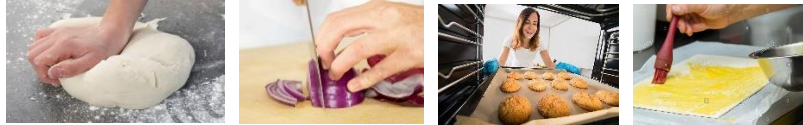
Explore existing products and explain how it is made for purpose.

Evaluate their ideas and products against their own design criteria.

Compare the taste, texture and smell of foods.

crumbly creamy dry dulcet flavoursome juicy
 peppery sharp spicy sugary tart zesty

Use a range of cooking techniques.



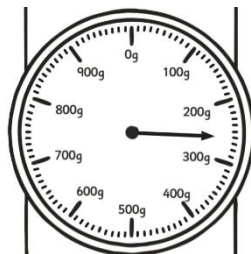
kneading

slicing

baking

spreading

Measure and weigh ingredients using standard measures to the nearest increment.



On this weighing scale, the scale goes up in increments of 100g.

If the recipe required 250g, you would need to measure halfway between 200g and 300g.

Understand basic safety and hygiene when using a heat source.

- ☑ **prepare yourself:** tie hair back, no sleeves or loose clothing
- ☑ **prepare the area:** clear the workspace, no loose items like tea towels on or near the heat source
- ☑ use an **oven glove** to remove things from the oven
- ☑ place **pan handles sideways**, not hanging over the edge
- ☑ **open windows** to allow heat and steam to escape
- ☑ take **utensils out of pans** as they can become hot
- ☑ **stay alert** to ensure yours and others' safety

Equipment



pastry brush

sieve



spatula

frying pan

Where does food in the UK come from?

In the UK:



Imported from overseas:



beef

Ireland

potatoes

Netherlands

bananas

Costa Rica

sugar

Belize

cocoa

Ivory Coast

A healthy diet (The 'Eatwell Plate').



1/3 fruit and vegetables

1/3 carbohydrates

1/6 proteins

<1/6 dairy

Very little fats and sugars