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| **Goonhavern Primary School- Design Technology**  |
| **TOPIC: DT**  | **YEAR: 3** | **STRAND: Food**  |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| * That food has to be farmed, grown elsewhere (e.g. home) or caught.
* How to name and sort foods into the five groups in ‘The Eat well plate.’
* **How to measure or weigh using one of the following: measuring cups, analogue and digital scales.**
* **How to chop, mix and peel and grate.**
* **That we can follow recipes (that combine images and text) to create different foods.**
* Be able to describe flavours and textures.
 | How to prepare ingredients hygienically using appropriate utensils. |
| How to measure ingredients to the nearest gram accurately. |
| How to follow a recipe and combine ingredients.  |
| How to assemble or cook ingredients (controlling the temperature of the oven or hob as required). |
| How to make a product look attractive.  |
| How to grow plants from seed to be used in my cooking.  |
| That I can forage for food and use this in my cooking |
| How to use cooking equipment, including hobs and ovens safely.  |
| **School Values** |
| **Five Ways to Wellbeing** |

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| **Vocabulary**  |
| Hygienic | Practise of keeping clean so germs aren’t spread |
| Ingredients  | Combination of food used to make a dish  |
| Sweet | Taste of sugar or honey |
| Savoury | Taste of salt, sour or spicy  |
| Utensils  | Equipment used in the kitchen for cooking and eating  |
| Temperature | Measurement of heat  |
| Forage | Find food grown in the wild  |
| Dairy  | Food that contains milk  |
| Protein | Gives muscles fuel  |
| Carbohydrates | Gives the body slow releasing energy  |
| Fruit and Veg | Grown naturally on plants or in the ground |
| Fat and sugars  | To be eat in moderation as part of a healthy diet  |

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| **Image/diagram that helps me to articulate my knowledge/understanding**  | **Projects:** |
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