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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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