

**ADVENT TERM**

**Design Technology – Year 3 - Medium Term Planning – Food and Nutrition**

**Design and produce food from around the world**

<b>LESSON 1</b>	<b>LESSON 2</b>	<b>LESSON 3</b>
<p><b>LEARNING INTENTION:</b> To know that a healthy diet is eating a balanced mix from the five food groups.</p> <p><b>Skills:</b> To identify the main food groups.</p> <p><b>Aim:</b> Build and apply a repertoire of knowledge understanding and skills in order to design and make high quality products for a wide range of users.</p>	<p><b>LEARNING INTENTION:</b> To know that there are different ways to prepare and cook potatoes.</p> <p><b>Skills:</b> To use appliances safely with adult supervision.</p> <p><b>Aim:</b> Develop the creative, technical, and practical expertise to perform everyday tasks confidently and to participate successfully in an increasingly technological world.</p>	<p><b>LEARNING INTENTION:</b> To know that when preparing savoury dishes there are different techniques.</p> <p><b>Skills:</b> To use preparation techniques when making a dish.</p> <p><b>Aim:</b> Develop the creative, technical, and practical expertise to perform everyday tasks confidently and to participate successfully in an increasingly technological world.</p>
<p><b>Key Vocabulary:</b> Eat Well, balanced diet, nutrition, proteins, carbohydrates, fats, sugars, dairy products, fruit, vegetables.</p>	<p><b>Key Vocabulary:</b> Electrical appliances, peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.</p>	<p><b>Key Vocabulary:</b> Ratatouille, vegetarian, prepare, slow cooker, onions, aubergines, courgettes, peppers and tomatoes</p>
<p><b>Recap &amp; retrieval</b> Prior knowledge from Y2 – Healthy eating.</p>	<p><b>Recall &amp; retrieval</b></p> <ul style="list-style-type: none"> <li>• There are five main food groups that should be eaten regularly as part of a balanced diet: fruit and vegetables, carbohydrates, proteins, dairy and fats.</li> <li>• Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet.</li> </ul>	<p><b>Recall &amp; retrieval</b></p> <ul style="list-style-type: none"> <li>• There are five main food groups that should be eaten regularly as part of a balanced diet: fruit and vegetables, carbohydrates, proteins, dairy and fats.</li> <li>• Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet.</li> <li>• Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.</li> </ul>

**Key Knowledge:****Child:**

- There are five main food groups that should be eaten regularly as part of a balanced diet: fruit and vegetables, carbohydrates, proteins, dairy and fats.
- Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet.
- Humans have to get nutrition from what they eat.

**Teacher:**

- Fruit and vegetables; carbohydrates (potatoes, bread, rice and pasta); proteins (beans, pulses, fish, eggs and meat); dairy and alternatives (milk, cheese and yoghurt) and fats (oils and spreads).
- Humans need to stay hydrated by drinking water.

**Key Knowledge:****Child:**

- Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.
- Electrical appliances must only be used under the supervision of an adult.
- Safety rules must also be followed when using electricity.

**Teacher:**

- A plug should never be pulled out by its cord.
- Fingers and other objects must not be put into electrical outlets.
- Anything with a cord or plug should never be used around water.

**Key Knowledge:****Child:**

- Slow cookers cook food on a low heat over several hours.
- Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.

**Teacher:**

- Ratatouille is a vegetarian dish made from onions, aubergines, courgettes, peppers and tomatoes.

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<b>LESSON 4</b>	<b>LESSON 5</b>	<b>LESSON 6</b>
<p><b>LEARNING INTENTION:</b> To know that a product must meet the design criteria to be successful.</p> <p>Skills: To develop design criteria to inform the design.</p> <p>Aim: Build and apply a repertoire of knowledge understanding and skills in order to design and make high quality products for a wide range of users.</p>	<p><b>LEARNING INTENTION:</b> To know that following the design criteria and recipe are different.</p> <p>Skills: To use preparation methods safely and use appliances with adult supervision.</p> <p>Aim: Develop the creative, technical, and practical expertise to perform everyday tasks confidently and to participate successfully in an increasingly technological world.</p>	<p><b>LEARNING INTENTION:</b> To know that asking questions can help others to evaluate their products.</p> <p>Skills: To suggest improvements to their products and describe how to implement them.</p> <p>Aim: Critique, evaluate and test their ideas and products and the work of others.</p>
<p><b>Key Vocabulary:</b> Taco, design criteria, tortillas, appearance, cost, target audience.</p>	<p><b>Key Vocabulary:</b> Hygiene, toppings, healthy, balanced diet, preparation, design criteria</p>	<p><b>Key Vocabulary:</b> Evaluate, evidence, purpose, models, peers.</p>
<p><b>Recall &amp; retrieval</b></p> <ul style="list-style-type: none"> <li>• There are five main food groups that should be eaten regularly as part of a balanced diet: fruit and vegetables, carbohydrates, proteins, dairy and fats.</li> <li>• Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet.</li> <li>• Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.</li> <li>• Slow cookers cook food on a low heat over several hours.</li> </ul>	<p><b>Recall &amp; retrieval</b></p> <ul style="list-style-type: none"> <li>• There are five main food groups that should be eaten regularly as part of a balanced diet: fruit and vegetables, carbohydrates, proteins, dairy and fats.</li> <li>• Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet.</li> <li>• Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.</li> <li>• Slow cookers cook food on a low heat over several hours.</li> <li>• Design criteria are the exact goals a project must achieve to be successful.</li> </ul>	<p><b>Recall &amp; retrieval</b></p> <ul style="list-style-type: none"> <li>• There are five main food groups that should be eaten regularly as part of a balanced diet: fruit and vegetables, carbohydrates, proteins, dairy and fats.</li> <li>• Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet.</li> <li>• Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.</li> <li>• Slow cookers cook food on a low heat over several hours.</li> <li>• Design criteria are the exact goals a project must achieve to be successful.</li> </ul>

		<ul style="list-style-type: none"> <li>Design criteria is what the product should achieve to be successful whilst recipes follow a method to make a product.</li> </ul>
<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p> <ul style="list-style-type: none"> <li>Design criteria are the exact goals a project must achieve to be successful.</li> <li>These criteria might include the product's use, appearance, cost and target user.</li> <li>Tacos are a traditional Mexican street food made from wheat or corn tortillas, filled with a meat or vegetarian filling and topped with salsa, lettuce or cheese.</li> </ul> <p><b>Teacher:</b></p> <ul style="list-style-type: none"> <li>The types of food that will grow in a particular area depend on a range of factors, such as the rainfall, climate and soil type.</li> <li>Many crops, such as potatoes and sugar beet, are grown in the south-east of England.</li> <li>Wheat, barley and vegetables grow well in the east of England.</li> </ul>	<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p> <ul style="list-style-type: none"> <li>Design criteria is what the product should achieve to be successful whilst recipes follow a method to make a product.</li> <li>Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.</li> </ul> <p><b>Teacher:</b></p> <ul style="list-style-type: none"> <li>The taco should taste savoury, hold together and be healthy.</li> </ul>	<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p> <ul style="list-style-type: none"> <li>Asking questions can help others to evaluate their products, such as asking them whether the selected materials achieved the purpose of the model.</li> </ul> <p><b>Teacher:</b></p> <ul style="list-style-type: none"> <li>Evaluating a product is an important part of the design process because it identifies any need for improvements.</li> </ul>
<p><b>Assessment</b> Cumulative quiz. Retrieval practice.</p>		