

ADVENT TERM
DESIGN AND TECHNOLOGY – YEAR 3 - Medium Term Planning – Cooking and Nutrition
Design and produce food from around the world

<u>LESSON 1</u>	<u>LESSON 2</u>	<u>LESSON 3</u>
Cooking and Nutrition LEARNING INTENTION: To know that a healthy diet is eating a balanced mix from the five food groups. Disciplinary Knowledge: <ul style="list-style-type: none"> • Draw 'Eat Well' plate; explain there are groups of food. • Explain how food and drink are needed for active/healthy bodies. 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.	Cooking and Nutrition LEARNING INTENTION: To know that there are different ways to prepare and cook potatoes. Disciplinary Knowledge: <ul style="list-style-type: none"> • Grow in confidence using some of the following techniques: peeling, chopping, slicing and mixing. Aim: Develop the creative, technical, and practical expertise to perform everyday tasks confidently and to participate successfully in an increasingly technological world.	LEARNING INTENTION: To know that when preparing savoury dishes there are different techniques. Disciplinary Knowledge: <ul style="list-style-type: none"> • Grow in confidence using some of the following techniques: peeling, chopping, slicing, grating, mixing and spreading. Aim: Develop the creative, technical, and practical expertise to perform everyday tasks confidently and to participate successfully in an increasingly technological world.
Key Vocabulary: Eat Well, balanced diet, nutrition, proteins, carbohydrates, fats, sugars, dairy products, fruit, vegetables	Key Vocabulary: electrical appliances, peeling, chopping, deseeding, slicing, dicing, grating, mixing, skinning.	Key Vocabulary: ratatouille, vegetarian, prepare, slow cooker, onions, aubergines, courgettes, peppers, tomatoes.
Recap & retrieval Prior knowledge from EYFS – Healthy eating.	Recall & retrieval <ul style="list-style-type: none"> • 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. 	Recall & retrieval <ul style="list-style-type: none"> • 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.

		<ul style="list-style-type: none"> Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning.
<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> 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. <p>Teacher:</p> <ul style="list-style-type: none"> 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. 	<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> 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. <p>Teacher:</p> <ul style="list-style-type: none"> 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. 	<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> 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. <p>Teacher:</p> <ul style="list-style-type: none"> Ratatouille is a vegetarian dish made from onions, aubergines, courgettes, peppers and tomatoes.

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<u>LESSON 4</u>	<u>LESSON 5</u>	<u>LESSON 6</u>
Design Cooking and Nutrition LEARNING INTENTION: To know that a product must meet the design criteria to be successful. Disciplinary Knowledge: <ul style="list-style-type: none"> • Show design meets a range of requirements. • Follow a given design criteria. • Carefully select ingredients. 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.	Make Cooking and Nutrition LEARNING INTENTION: To know that following the design criteria and recipe are different. Disciplinary Knowledge: <ul style="list-style-type: none"> • Work through plan in order. • Prepare and cook some dishes safely and hygienically. Aim: Develop the creative, technical, and practical expertise to perform everyday tasks confidently and to participate successfully in an increasingly technological world.	Evaluate Cooking and Nutrition LEARNING INTENTION: To know that asking questions can help others to evaluate their products. Disciplinary Knowledge: <ul style="list-style-type: none"> • Make product look attractive. • Use design criteria to evaluate finished product. • Say what they would change to make design better. Aim: Critique, evaluate and test their ideas and products and the work of others.
Key Vocabulary: design criteria, appearance, cost, target audience	Key Vocabulary: hygiene, toppings, healthy, balanced diet, preparation, design criteria	Key Vocabulary: evaluate, evidence, purpose, models, peers

<p>Recall & retrieval</p> <ul style="list-style-type: none"> • 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. • Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning. • Slow cookers cook food on a low heat over several hours. 	<p>Recall & retrieval</p> <ul style="list-style-type: none"> • 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. • Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning. • Slow cookers cook food on a low heat over several hours. • Design criteria are the exact goals a project must achieve to be successful. 	<p>Recall & retrieval</p> <ul style="list-style-type: none"> • 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. • Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning. • Slow cookers cook food on a low heat over several hours. • Design criteria are the exact goals a project must achieve to be successful. • Design criteria is what the product should achieve to be successful whilst recipes follow a method to make a product.
<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> • Design criteria are the exact goals a project must achieve to be successful. • These criteria might include the product's use, appearance, cost and target user. <p>Teacher:</p> <ul style="list-style-type: none"> • 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. • Many crops, such as potatoes and sugar beet, are grown in the south-east of England. • Wheat, barley and vegetables grow well in the east of England. 	<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> • Design criteria is what the product should achieve to be successful whilst recipes follow a method to make a product. • Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning. <p>Teacher:</p> <ul style="list-style-type: none"> • The taco should taste savoury, hold together and be healthy. 	<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> • Asking questions can help others to evaluate their products, such as asking them whether the selected materials achieved the purpose of the model. <p>Teacher:</p> <ul style="list-style-type: none"> • Evaluating a product is an important part of the design process because it identifies any need for improvements.
<p>Assessment</p> <p>Cumulative quiz. Retrieval practice.</p>		