

Year 3 Design and Technology: Cooking

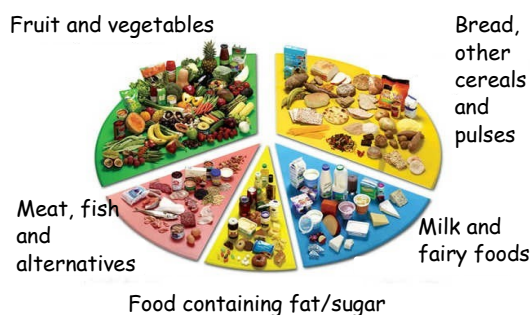
Key Learning

Food and drink provide energy for a healthy and active lifestyle.

Foods can be reared (e.g. cow), caught (e.g. fish) or grown (e.g. fruit).

Recipes can be changed by adding or taking away ingredients.

Make



Food can be sliced using the claw or bridge technique.



Eating foods in moderation from all 5 groups makes up healthy diet.

Design

Evaluate

I am making a food product for _____

Choose the correct piece of equipment, e.g. you would use a peeler to peel an apple or a grater to grate cheese.

The appearance of my food is successful / not successful because _____

To make it appealing to a range of users, I will _____



The taste of my food is successful / not successful because _____

Choose the appropriate ingredients based on taste e.g. sweet (pineapple), savoury (bread), salty, spicy (jalapeño peppers).



Key Vocabulary

appealing	Attractive or interesting.
appearance	How the food looks to the eye.
blend	Mix two substances together so they combine together.
consumer	A person who buys goods or services for personal use.
ingredients	Any of the foods or substances that are combined to make a dish.
purpose	The reason something is done.
reared	Bring up or raise until they are fully grown.
savoury	Food that is not sweet. Can be spicy or salty.