



# Buglawton Primary School

Be the Best We Can

Topic: Food and nutrition

Subject: DT

Year: 3

Term: Autumn

### What should I already know?

- Understand that all food comes from plants or animals.
- Know that food has to be farmed, grown elsewhere (e.g. home) or caught.
- Understand how to name and sort foods into the five groups in 'The Eat Well Plate'
- Know that everyone should eat at least five portions of fruit and vegetables every day.
- Demonstrate how to prepare simple dishes safely and hygienically, without using a heat source.
- Demonstrate how to use techniques such as cutting, peeling and grating.

### What will I know by the end of the unit?

- Know how to use appropriate equipment and utensils to prepare, combine and cook food.
- Know about a range of fresh and processed ingredients appropriate for their product, and weather they are grown, reared or caught.
- Know and use technical and sensory vocabulary relevant to the project.
- Understand that a healthy diet is made up by a variety and balance of foods and drinks, as depicted in 'The Eat Well Plate'
- Know that food and drink are needed to provide energy for the body.

### What should I be able to do by the end of the unit?

- Prepare and cook predominantly savoury dishes using a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.
- Start to know that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish).
- Explain why we have fresh and processed foods.
- Design a healthy plate of food linked to the categories on 'The Eat Well Plate'.

### Prior Key Vocabulary

<b>food</b>	<b>healthy diet</b>
<b>chopping</b>	<b>peel</b>
<b>grate</b>	<b>hygiene</b>
<b>fruit</b>	<b>vegetables</b>
<b>the eat well plate</b>	<b>caught</b>
<b>farming</b>	<b>grown at home</b>

### Key vocabulary

<b>savoury</b>	<b>grown</b>
food that is salty or spicy rather than sweet	food that is produced from plants
<b>reared</b>	<b>caught</b>
when animals are bred for their meat or milk	when animals are captured in order for humans to eat
<b>fresh</b>	<b>processed</b>
food that has been recently sourced	food that was sourced a while ago and has been treated with additives to make it last.

Agreed Real-Life Outcome:

Make a basic bread and a vegetable soup Create a poster promoting a healthy diet.

Significant people:

Jamie Oliver - Campaign to help lower child obesity and promote healthy foods in schools.

Joe Wicks - Campaign to promote exercise and healthy eating. He created 'PE with Joe' during the UK lockdown.

healthy diet	
contains a balance of foods from the five groups in 'The Eat Well Plate'.	