

Design & Technology

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality design technology education. They will be equipped with the knowledge, skills and vocabulary to use creativity and imagination to design and make products that solve real and relevant problems in a variety

Cooking and Nutrition - Health and Varied Diet (Healthy Omelettes)

Summer 1

Igniting Prior Knowledge:

Year 3 ((Roman Bread)

- There are 5 food groups: carbohydrates, protein, milk and dairy products, fruit and vegetables, fats and sugars ð Eatwell plate.
- Fresh and processed ingredients can be grown, reared or caught.
- Ingredients can be fresh or processed.
- A processed food is any food that has been altered in some way during preparation. It is food that has been changed from its original state.
- Some ingredients are grown, farmed or caught in different places across the globe.
- Appropriate ingredients need to be chosen to make bread e.g. self -rising flour.
- Dough must be kneaded correctly to make bread.
- Ingredients need to be prepared safely and hygienically.
- A range of hygiene measures should be in places before preparing/ cooking food. e.g. Jewellery is removed, hair is tied back, sleeves are rolled up, aprons are worn, hands are washed.
- Appropriate equipment and utensils are used to prepare and combine food.
- Different religions and cultures use foods as part of their festivals and celebrations.

Key Vocabulary:

- diet,
- seasonality,
- flavour,
- recipes,
- healthy,
- nutrition,
- balanced,
- harvest,
- freshest,
- appealing,

New Knowledge:

- We need to eat lots of different types of food containing different nutrients to stay healthy—The Eatwell Plate.
- When cooking, it is important to always work in a safe and hygienic way.
- Food presentation is important to impress the intended user.
- Taste, texture and flavour are important when cooking.

