

Year 3 – Cooking and Nutrition

Key Stage 1:

- Use the basic principles of a healthy diet and sort foods into five groups.
- Prepare simple dishes safely and hygienically, without using a heat source.
- Know that all food comes from plants and animals and food has to be farmed, grown elsewhere or caught.

What it looks in year 4:

- To study and sample existing products.
- To develop a design criteria including appearance, taste, texture and aroma.
- Develop an understanding of appropriate techniques and skills e.g. using the bridge and claw cutting technique.
- To know about a range of fresh and processed ingredients and whether they are grown, reared or caught.
- To select equipment and ingredients to follow a basic recipe.
- Prepare and make a savoury dish.

Vocabulary (definitions)

Nutrition - We need many nutrients on a daily basis in order to stay healthy.

Seasoning - something added to food to give it more flavour.

Grate - the process of turning a solid into smaller pieces.

Chop - to cut something into pieces.

Peel - remove the outer covering or skin from a piece of food.

Utensil - a tool that is used during cooking.

Texture - the feel, appearance or consistency of something.

Sequence of Learning Design, Make, Evaluate

1. To research, analyse and evaluate a range of fruits.
2. Practise food preparation skills and techniques such as; washing, grating, peeling, slicing and squeezing.
3. Develop a 'design criteria' for a specific purpose and intended user.
4. To plan the main stages of making, considering appropriate use of utensils.
5. Prepare and make a smoothie following previous planning.
6. Evaluate the smoothie against the design criteria previously agreed.



Cross-Curricular Links and Cultural Capital:

- Spoken language – ask questions to develop and check understanding, develop technical and sensory vocabulary and build knowledge.
- Art and design – use and develop drawing skills.
- Writing – children write a simple account about how they made their food product.
- Computing – use digital photographs to help order the main stages of making and support children's writing.
- Science – understand that plants have leaves, stems, roots, flowers and fruits; understand the importance of growing plants and how seasons affect growth.
- To be able to use basic kitchen tools correctly.
- Be able to make a healthy drink following a simple recipe.