

## Year 3



### Knowledge Organiser: D&T - Food

## Project Ideas – Seasonal foods (Christmas), Sandwiches/ Wraps



### Key Vocabulary

|               |             |          |
|---------------|-------------|----------|
| Healthy Plate | Heat Source | Chopping |
| Slicing       | Utensils    | Savoury  |
| Diet          | Variety     | Reared   |

### Skills

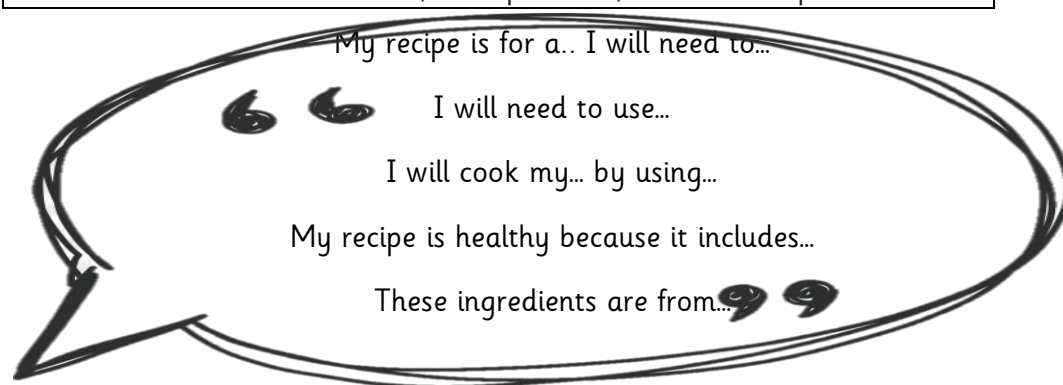
| Design                                                                                                                                                                                                                                                                                                        | Make                                                                                                                                                                                                                                                            | Evaluate                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Generate realistic ideas through discussion and design criteria for an appealing, functional product fit for purpose and specific user/s.</p> <p>Use annotated sketches, prototypes, final product sketches and communication technology, such as web-based recipes, to develop and communicate ideas.</p> | <p>Plan the main stages of making.</p> <p>Select from and use a range of appropriate utensils, tools and equipment with some accuracy related to their product.</p> <p>Select from and use finishing techniques suitable for the product they are creating.</p> | <p>Investigate a range of ingredients relevant to their project.</p> <p>Test their product against the original design criteria and with the intended user.</p> <p>Evaluate the ongoing work and the final product with reference to the design criteria and the views of others.</p> |

### In Year 2, you learnt:

- That all food comes from plants or animals
- That food has to be farmed, grown elsewhere (e.g. home) or caught
- How to name and sort foods into the five groups in, 'The Eatwell plate'
- That everyone should eat at least five portions of fruit and vegetables

### Key Learning

- Know that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK.
- How to prepare and cook a variety of predominantly savoury dishes safely and hygienically
- How to use a range of techniques such as peeling, chopping and slicing
- That a healthy diet is made up from a variety and balance of different food and drink, as depicted in, 'The eatwell plate'.



### Health & Safety

Remove any jewellery and tie back long hair. Ideally, wear a hair net.

Wear an apron and roll up your sleeves. Tie your apron securely.

Wash your hands with hot water and antibacterial soap for at least 20 seconds.

Washing your hands should be done before, during and after preparing food.

Use different chopping boards and knives for raw meat & other foods. This stops bacteria spreading.

Use a food thermometer to check that food is cooked through.

Check the dates on food, and check for allergies & diet e.g. vegetarian, vegan

Make sure that you clean up properly after yourself.

