

Our School Values- DT	
Love	We show love by learning and exploring different materials, mechanisms, designers and architects.
Courage	We show courage by sharing and talking about our designs.
Unity	We show unity by helping each other and sharing techniques.
Inspiration	We show inspiration by expressing ourselves and being proud of what we have achieved.



Year 3

Design Technology

Food Technology—Eating Seasonally



NC Objective:

understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Knowledge I already know

What makes a balanced diet.
The five food groups: fruit and vegetables, starchy carbohydrates, protein, dairy and oils/spreads.

Knowledge I will learn

Seasonality of Food

Climate effects food growth and that each country has its own climate.
Climates enable different fruits and vegetables to grow.
Not all fruits and vegetables can be grown in the UK.
Vegetables and fruit grow in certain seasons.
What foods are currently in season
Imported food will have travelled from far away.
In the UK, we often import food from other countries when it is not in season.
Importing food impacts the environment and is one of the reasons why we should eat seasonal foods grown in the UK.

Nutrition

Each fruit and vegetable gives us nutritional benefits.

Food Safety and Hygiene

The basic rules of food contamination.
How to prepare myself and my kitchen to prepare for cooking.
How to use cooking equipment safely (including a knife).

Key Vocabulary

Word	Definition
Climate	The weather and temperature in each country in the world depends on the climate where that country is located: polar, temperate, dry, tropical and Mediterranean.
Polar climate	Long periods of extreme cold.
Temperate climate	Mild temperatures, where the summers are not too hot and the winters are not too cold.
Dry climate	Less than 250mm of rain, fog, sleet or snow in total across a whole year.
Tropical climate	High temperatures and a lot of rain. This is where we find the world's rainforests.
Mediterranean climate	Hot, dry summers and cooler, wetter winters.
Exported	When products or produce such as fruit and vegetables are sent to another country from a country.
Imported	When products or produce such as fruit or vegetables are brought into a country.
Nationality	Belonging to a particular country (e.g. a person with Italian nationality comes from Italy).
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Recipe	A set of instructions for making or preparing a food item or dish.
Seasons	Spring, summer, autumn and winter.
Seasonal food	Food that is harvested and is ready to eat in particular seasons.

LI: I can describe where in the world food comes from.	LI: I can describe the health benefits of different fruits and vegetables.	LI: I can describe what 'seasonal' food means and identify seasonal British fruits	LI: I can design a product	LI: I can cook from a recipe I have created, showing good understanding of food safety and hygiene.	
Food hygiene/safety Create fruit skewers from with fruits from different parts of the world.	Explore the health benefits of different types of fruit/vegetable based on their colour.	Explore seasonality of different fruits in Britain.	Design a seasonal crumble.	Food hygiene/safety. Cook prototype products to test as a class.	Food hygiene/safety. Cook refined products to test as a class.