

DT curriculum in Y3 - Cooking and Nutrition

Rationale

In Y3 opportunities are planned for to ensure that all pupils begin to understand that there are different food types and to know some examples of these. It will help to see why we talk about a balanced and varied diet. The children will be helped to see that food often has a journey to make before it ends up on our plates and to consider food to fork as a process. Think about the different ways food needs to be grown, caught etc. Food needs to be prepared in different ways - washed, chopped, diced, cooked, raw, whisked, etc. and this will be a focus in the different stages of food preparation. The children will also be encouraged to see how recipes can be adapted to suit purpose or culture.

Prior Knowledge

In Y1 pupils are taught to:

- Talk about what he/she eats at home and begin to discuss what healthy foods are.
- Say where some food comes from and give examples of food that is grown.
- Use simple tools with help to prepare food safely.

In Y2 pupils are taught to:

- Understand the need for a variety of food in a diet.
- Understand that all food has to be farmed, grown or caught.
- Use a wider range of cookery techniques to prepare food safely.

Learning

In Y3 pupils are taught to:

- Talk about the different food groups and name food from each group.
- Understand that food has to be grown, farmed or caught in Europe and the wider world.
- Use a wider variety of ingredients and techniques to prepare and combine ingredients safely.

Future Learning

In Y4 pupils are taught to:

- Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active.
- Understand seasonality and the advantages of eating seasonal and locally produced food.
- Read and follow recipes which involve several processes, skills and techniques.

In Y5 pupils are taught to:

- Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable/tasty to eat.
- Select appropriate ingredients and use a wide range of techniques to combine them.
- Use his/her research into existing products and his/her market research to inform the design of his/her own innovative product.

In Y6 pupils are taught to:

		<ul style="list-style-type: none">• Confidently plan a series of healthy meals based on the principles of a healthy and varied diet.• Use information on food labels to inform choices.• Research plan and prepare and cook a savoury dish, applying his/her knowledge of ingredients and his/her technical skills.
<p><u>Key Vocabulary</u> - farmed, grown or caught <i>food vocabulary using taste, smell, texture and feel</i> <i>plants, animals, home, healthy, grown, diet,</i> <i>safe, peel, chop, spread, utensils and tools</i></p>		