

Year 3

Design Technology - Cooking & Nutrition



Key Vocabulary

Appearance	The way something looks.
Balanced diet	A diet giving all or most of the nutrients needed.
Design criteria	The specifications we follow in planning and creating our product.
Edible	Fit or safe to be eaten.
Hygiene	Procedure to follow to keep healthy by being clean.
Nutrients	What your body gets from food to help it survive and grow.
Planning	The process of making plans for something.
Preference	Something that is liked better.
Processed	Refers to food that is altered to change the properties of that food.
Purpose	The reason for which something is done or created for.
Savoury	Food which is salty or spicy and not sweet in taste.
Texture	The feel, appearance, or consistency of a food.

Key Learning

- Know some ways to prepare ingredients safely and hygienically.
- Develop an understanding about healthy eating and the 'Eatwell Guide'.
- Use the correct technical vocabulary for the projects they are undertaking.
- That food is grown, reared and caught in the UK, Europe and the wider world.
- Prepare and cook savoury dishes using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Are you a Milecastle Megamind?

What is the Eatwell Guide?

Where does your food come from?



Check the label on packaged foods

Each serving contains

Energy 1048kJ 250kcal	Fat 5g	Saturated Fat 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%	15%

of an adult's reference intake
 Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars