



Year 3-D.T.-Term 6: Food and healthy Eating

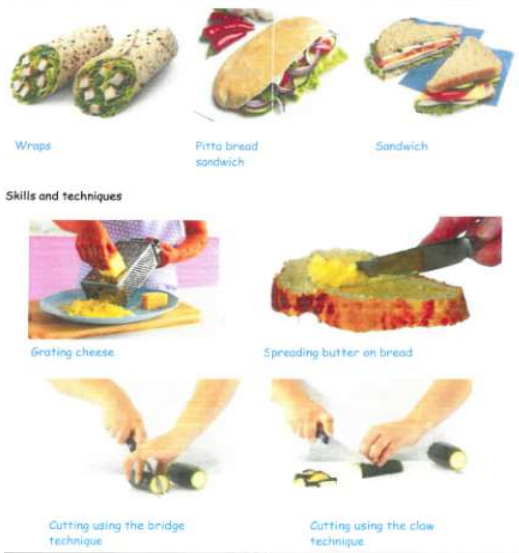
What should I already know?

- Know some ways food can be prepared hygienically.
- Know some basic knowledge on healthy eating and the eat well plate
- How to use some equipment and utensils safely and prepared some ingredients to make a product.

D.T. Skills I will develop:

- Designing:**
- generate ideas through discussion and develop design criteria.
 - Use annotated sketches and appropriate ICT to communicate ideas.
- Making:**
- Plan the main stages of a recipe using ingredients, utensils and equipment
 - Select appropriate equipment to prepare ingredients
 - Select from a range of ingredients, thinking about sensory characteristics.

- Evaluating:**
- Carry out sensory evaluations
 - Record accurately using graphs and tables
 - Evaluate product from design criteria.



Do more people in your class prefer white bread or brown? Complete the tally chart to find out.

Type of bread	Tally	Total
White bread		
Brown bread		

Now put your results in the bar chart below and answer the questions.

Which was the class's favourite type of bread?

How many people altogether did you ask?

What is the difference between the number of people who like white bread and the number who like brown bread?

Curriculum Key Question: How can I look after myself and others?

Topic: How do we move and how do plants grow?

Key Vocabulary (including definition)

Appearance- how food looks to the eye

Texture – how the product feels in the mouth

Sensory evaluation -evaluating in terms of taste, smell, texture and appearance.

Preference- which food do you like best?

Hygiene- keeping self and utensils clean to avoid spreading germs.

Edible- able to be eaten

Spread- butter, mayonnaise or margarine that is added to bread products to add flavour and moisture.

Healthy diet- a diet that is balanced with all food groups in moderation.

Annotated sketch- drawing with labels and explanations.

Ingredients- the food included in a recipe

Recipe- how to make a food product

Utensils- the items needed to make a recipe

Remember! Always wash your hands before handling food.

Why do you think this is so important?

