



## Curriculum

### Year 3 Scheme of Work for Design Technology

**Term: Spring 1**

**Topic: Food: Eating Seasonally**

#### Key Skills and Knowledge:

##### Key Skills

###### Developing, planning and communicating ideas

- Describing how climate affects where food grows.
- Identifying seasonal ingredients from the UK.
- Choosing ingredients based on a design brief.
- Following the instructions within a recipe.
- Describing the benefits of seasonal fruits and vegetables and their impact on the environment.

###### Working with tools, equipment, materials and components

- Peeling foods by hand or with a peeler.
- Cutting ingredients safely.

##### Evaluating processes and products

- Tasting seasonal ingredients.
  - Describing the texture and flavour of ingredients.
- ###### Key Knowledge
- That seasonal means foods that grow in a given season in a given country.
  - Some seasonal foods that grow in the UK and what season they grow in.
  - That eating seasonal foods can have a positive impact on the environment.
  - How to describe flavour and texture of foods.
  - How to cut and peel safely.
  - That the appearance of food is an important as taste.
  - That similar coloured fruits and vegetables often have similar nutritional benefits.

#### Reading and Writing Opportunities (Long and Short Activities)

##### Creative Ideas and Hooks

###### Hooks

- Taste testing
- Growing own seasonal fruits/ herbs.
- What does a 'balanced diet' mean? Section a paper plate and collage foods
- Opportunities for children to look at/ read books linked to healthy eating.

###### Writing Opportunities

- Healthy Eating poster
- Instructional Writing
- Design a menu/ dish promoting healthy eating.
- Write a recipe for a healthy snack.
- Completed progress report for end product.

###### Books

What's on my plate- Lightning Bolt Books

#### Links to PSHCE, Equality and British Values Work

##### British Values

###### Democracy

The children must take the views and opinions into account but still have the right to make their own choices.

###### The Rule of Law

- To understand the importance of safety rules when using tools.

###### Individual Liberty

- To understand that they are able to listen to others but can use their own ideas and design choices.
- To understand that many great design ideas originate from other cultures.

###### Mutual Respect

- To listen to and consider the ideas and opinions of others even if they differ from your own.
- To offer supportive comments in evaluations that will improve learning outcomes in a way that is objective but sensitive to the listener.

##### PSHCE

- Link to 'Healthy Me' unit and taking care of ourselves.

##### Equality

- Research famous chefs from different countries of the world.
- Fair trade
- Know where and how a variety of ingredients are grown, reared, caught and processed.

##### Key Vocabulary:

Climate , Dry climate, Exported Imported, Mediterranean climate , Nationality, Nutrients , Polar climate, Recipe, Seasonal food, Seasons, Temperate climate, Tropical climate

##### Resources Available / Visits/Visitors

Ingredients  
Cooking equipment  
Paper plates  
Sample menus  
Books around healthy eating and eating a balanced diet.

##### Useful Websites:

<https://www.kapowprimary.com/subjects/design-technology/lower-key-stage-2/year-3/cooking-and-nutrition-eating-seasonally/>

##### Previous Knowledge:

Knowledge of healthy/ unhealthy foods.  
Knowledge of a balanced diet.