



Design Technology

Food

Healthy and Varied Diet

Y3

In this unit, we will design, make and evaluate a bread-based product with a filling for a packed lunch. We will investigate and evaluate a range of world foods and recipes, engage in focused practical tasks which will inform our designing and making. We will test and evaluate our snacks, identifying improvements and whether they meet the intended purpose. We will research inspirational chefs.

Food Knowledge:

I will:

- Know how to use appropriate equipment and utensils to prepare and combine food.
- Know about a range of fresh and processed ingredients appropriate for my product, and whether they are grown, reared or caught.
- Know and use technical vocabulary relevant to the project

Skills

I will be able to:

Design:

- 3.1 Record ideas by drawing using annotated sketches.
- 3.4 Propose realistic suggestions as to how I can achieve my design ideas.
- 3.5 Order the main stages of making.

Make:

- 3.7 Explain my choice of materials according to functional properties and aesthetic qualities.
- 3.8 Select and use appropriate tools to measure, mark, cut and assemble with some accuracy.
- 3.9 Use a range of finishing techniques with some accuracy

Evaluate:

- 3.11 Draw/sketch existing products to help analyse and understand how products are made
- 3.14 Discuss how well the finished product meets the design criteria
- 3.15 Identify the strengths and areas for development in my work.

Techniques:

Teaching aids to demonstrate food processing skills



Peeling



Cutting



Slicing



Grating



Squeezing

Vocabulary

Technical vocabulary

Name of products, names of ingredients; texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury

Process vocabulary

Hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet; planning, design criteria, purpose, user, annotated sketch, sensory evaluations; names of equipment and utensils

Inspiring Individuals



Franciszek Trzeźniewski



Chris Bavin