



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.

Knowing More Remembering More:

Remembering previous learning

From science learning)

What are the 5 food groups? Fruit and vegetables, carbohydrates, proteins, dairy products and alternatives, fats and sugars.

What do fruit and vegetables provide the body with? Essential vitamins.

Which two food groups provide the body with energy? Fats and carbohydrates

What do proteins help the body to do? They help the muscles to grow and repair.

What do dairy products do for the body? Dairy products contain calcium which is good for teeth and bones.

Are fats good for you? They can be grouped into healthy and unhealthy fats.

What is a balanced diet? A diet that gives a person everything they need to stay healthy.

What is a balanced meal? A meal that has the right amount of food from the food groups.

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

Knowing More Remembering More:

Knowing more in Y3

How do we get our food? Food is either grown (e.g., apples), reared (e.g., cows are raised for meat and milk) or caught (e.g., fish). In order for food to get from the farm to our homes, it must go through an important journey which is known as 'farm to fork':

What is processed food? Processed foods refer to any food that's changed from its natural state. This can include food that was simply cut, washed, heated, pasteurized, canned, cooked, frozen, dried, dehydrated, mixed, or packaged. It also can include food that has added preservatives, nutrients, flavours, salts, sugars, or fats.

Are processed foods good for you? Eating too many processed foods is not good for our bodies or our brains.

What is the NHS Eatwell Guide? The NHS Eatwell Guide shows how much we should eat from each food group to achieve a healthy, balanced diet.

