

MTP – Design Technology – Year 3

Topic	Who first lived in Britain? (DT Kapow: Eating Seasonally - Cooking and Nutrition)				
N.C Learning Objectives	<p>Design Generate, develop, model and communicate their ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer- aided design. Understand and apply principles of a healthy and varied diet. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</p> <p>Make Select from and use a wider range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing], accurately. Select from and use a wide range of materials and components, including construction materials, textiles and ingredients, according to their characteristics. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</p>				
Ways of being Co-Op	Do what matters most Succeed together Be yourself, always Show you care				
British Values	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance				
CRL					
Vocabulary	<p><u>Climate Zone</u> A region of the Earth with a distinct climate and weather pattern which influences the plants and animals that live there.</p>	<p><u>Seasonality</u> The time of year when a particular food is at its peak in terms of growing and its flavour.</p>	<p><u>Claw and Bridge Grip</u> Two safe methods you can use to cut foods with a knife.</p>	<p><u>Flavour Profiles</u> A way of describing how something tastes. There are five flavour profiles: sweet, salty, bitter, sour and umami.</p>	<p><u>Vitamins and Minerals</u> Nutrients that are found in foods that helps our body to function properly and stay healthy.</p>

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Recap and Recall	<p>Cooking and Nutrition: Balanced Diet</p> <ul style="list-style-type: none"> - Name the main food groups and identify foods that belong to each group. - Describe the taste, feel and smell of a given food. - Think of three different wrap ideas, considering flavour combinations. - Construct a wrap that meets the design brief and their plan. 		
	LEARNING OBJECTIVE	STICKY KNOWLEDGE FACT	CORE LEARNING
Lesson 1	We are learning to explain why food comes from different places around the world.	The world is made up of different climate zones, and different foods can be grown in each zone. The UK is in a temperate climate zone.	<ul style="list-style-type: none"> ● Technical Knowledge: Children can identify some fruits and vegetables that cannot be grown in the UK ● Children can label countries where different fruits and vegetables grow.
Lesson 2	We are learning to explain the benefits of seasonal foods	Eating seasonally supports local farmers and reduces transportation pollution and reduces food waste.	<ul style="list-style-type: none"> ● Technical Knowledge: Children know that importing food has an impact on the environment ● Children can match fruits and vegetables with the season in which they grow in the UK ● Children can find recipes containing seasonal foods.
Lesson 3	We are learning to develop cutting and peeling skills.	<p>To keep safe when cutting and peeling:</p> <ul style="list-style-type: none"> - Always keep fingers away from the blade. - Hold the knife handle with a firm grip. - Cut on the chopping board. - Secure the piece of food with the claw when cutting small pieces. - Secure the piece of food with the bridge 	<ul style="list-style-type: none"> ● Make: Children can identify equipment used for preparing food ● Children can explain why food would or would not need to be prepared ● Children can describe the safety rules for preparation techniques

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		when cutting food in half.	
Lesson 4	We are learning to evaluate seasonal ingredients	The five flavour profiles are sweet, salty, bitter, sour and umami.	<ul style="list-style-type: none"> ● Technical Knowledge: Children can identify current seasonal foods. ● Evaluate: Children can taste various fruits and vegetables and describe their flavours ● Children can contribute to a class taste wheel.
Lesson 5	We are learning to design a mock-up using criteria	Creating a dish with colourful fruits and vegetables looks nice and promotes a healthy diet because they contain vitamins and minerals.	<ul style="list-style-type: none"> ● Design: Children can design a puff pastry tart using seasonal vegetables and fruits ● Children can use colours to identify nutritional benefits ● Children can describe my puff pastry tart and the benefits of its ingredients.
Lesson 6	We are learning to evaluate a dish.	Evaluating a product against the design criteria is important because it ensures the product meets the needs of the intended user.	<ul style="list-style-type: none"> ● Evaluate: Children can taste tarts and provide feedback ● Children can consider taste, texture, appearance and use of seasonal ingredients ● Children can receive feedback on their tart and identify strengths.
Outcome	Children will produce a seasonal food tart that showcases the colours, flavours and textures of seasonal produce from May and June.		