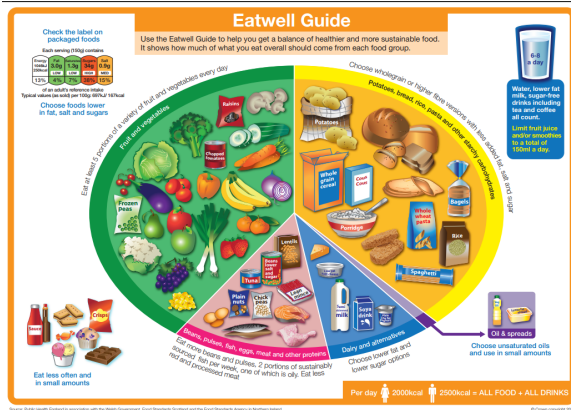




Y3 Thinking like a Designer

Food—Healthy and varied diet

Key Knowledge:



- There are 5 main food groups and having a balanced diet means having a varied diet which includes foods from all the different food groups but not too many from one.
- When preparing food we need to make sure we understand how to use utensils safely and consider hygiene.

Skills and techniques



Grating cheese



Spreading butter on bread



Cutting using the bridge technique



Cutting using the claw technique

Key Vocabulary

Appearance	How the food looks to the eye.
Texture	How the product feels in the month
Sensory evaluation	Evaluating food products in terms of the taste, smell, texture and appearance.
Healthy	Food that is good for your body and helps you grow strong.
Balanced diet	Eating a variety of foods in the right proportions to get all nutrients needed for health.
Hygiene	Keeping food and yourself clean to avoid illness.

Learning Questions

Can I investigate a range of food products and say which food group they belong to?

Can I use a range of utensils and techniques to prepare ingredients?

Can I design a wrap or roll as part of a healthy and balanced diet?

Can I make my wrap or roll according to my design criteria and consider how it might be improved?