

Year group:
Year 3



Term: Summer Food

National Curriculum: understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. understand and apply the principles of a healthy and varied diet prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.

Key Knowledge and skills

Prepare ingredients hygienically using appropriate utensils.

Follow a recipe.

Assemble ingredients.

Evaluate a range of Mediterranean fillings comparing them to those traditionally used in the UK.

Consider the food groups the ingredients belong to and explore different ways of preparing it.

Understand seasonality of foods that they use.

Evaluate their product and compare to the traditional sandwich.

Design a wrap or flatbread.

Vocabulary

Appearance	How something looks.
Seasonality	The fact that something changes according to the seasons.
Nutrients	A substance that provides nourishment essential for the maintenance of life and for growth.
Texture	How something feels.
Preference	Deciding which is best and explain why.
Wrap	Tortilla wrapped around a filling eaten as a sandwich.
Dice	To cut something into cubes with a knife.
Cured	Food preserved by salting, drying or smoking.

Evaluate

- Would you change your fillings and why?
- Which fillings did I like the most?
- Were you able to use the preparation techniques chop, spread fold and cut?
- Would you slice or prepare the ingredients differently next time?
- If you could change or add an ingredient in your wrap to improve it, what would use?



Grate	Spread	Fold	Cutting (Claw technique)	Cutting (Bridge technique)

Bridge hold