

Year 3 Food Technology (How Cool is Your Drink?)

What I should know.

- Know some ways to prepare ingredients safely and hygienically.
- Have some basic knowledge and understanding about healthy eating and *The eatwell plate*.
- Have used some equipment and utensils and prepared and combined ingredients to make a product.

Knowledge

Design

- Know about a range of fresh and processed ingredients appropriate for their product, and whether they are grown, reared or caught.

Make

- Know how to use appropriate equipment and utensils to prepare and combine food.

Evaluate

- Know and use relevant technical and sensory vocabulary appropriately.

Vocabulary

name of products, names of equipment, utensils, techniques and ingredients

texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury

hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet

planning, design criteria, purpose, user, annotated sketch, sensory evaluations

DT Skills

Designing

- UGenerate and clarify ideas through discussion with peers and adults to develop design criteria including appearance, taste, texture and aroma for an appealing product for a particular user and purpose.
- Use annotated sketches and appropriate information and communication technology, such as web-based recipes, to develop and communicate ideas.

Making

- Plan the main stages of a recipe, listing ingredients, utensils and equipment.
- Select and use appropriate utensils and equipment to prepare and combine ingredients.
- Select from a range of ingredients to make appropriate food products, thinking about sensory characteristics.

Evaluating

- Carry out sensory evaluations of a variety of ingredients and products. Record the evaluations using e.g. tables and simple graphs.
- Evaluate the ongoing work and the final product with reference to the design criteria and the views of others.

Technical knowledge and understanding

- Explore and use cutting implements and joining methods.
- Know and use some technical vocabulary relevant to the project.



Working Toward Expected	Expected Standard	Exceeding Expected Standard
<p>Cooking and Nutrition Understand the need for a variety of food in a diet.</p>	<p>Cooking and Nutrition Talk about the different food groups and name food from each group</p>	<p>Cooking and Nutrition Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active</p>
<p>Cooking and Nutrition Understand that all food has to be farmed, grown or caught.</p>	<p>Cooking and Nutrition Understand that food has to be grown, farmed or caught in Europe and the wider world</p>	<p>Cooking and Nutrition Understand seasonality and the advantages of eating seasonal and locally produced food</p>
<p>Cooking and Nutrition Use wider range of cookery techniques to prepare food safely.</p>	<p>Cooking and Nutrition Use a wider variety of ingredients and techniques to prepare and combine ingredients safely</p>	<p>Cooking and Nutrition Read and follow recipes which involve several processes, skills and techniques</p>
<p>Cooking and Nutrition Design purposeful, functional, appealing products for himself/herself and other users based on design criteria.</p>		
<p>Cooking and Nutrition Generate, develop, model and communicate his/her ideas through talking, drawing, templates, mock ups and where appropriate, information and communication technology.</p>		