

Year Group: 3	Term: Autumn	Topic: Food
NC Links		
To understand and apply the principles of a healthy and varied diet. To prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. To understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.		
Other Curriculum Links		
Science - food hygiene and bacteria. PSHE - healthy lifestyle		
Links to Caedmon Curriculum Drivers		
Healthy minds and bodies -knowing that good mental health allows us to develop the resilience we need to help us with challenges we may face -Knowing that having healthy bodies and mind means we will be ready to learn and have the best chance of success		
Links to Rights Respecting		
Article 28 - Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in schools must respect children's dignity and their rights.		
Links to North East Ambition		
Link a lesson to the career of a dietician. What does the job entail? What skills do you need as a dietician? Link a lesson to the career of a chef. What does the job entail? What skills do you need as a chef? Why is a good level of understanding in food hygiene important? Link a lesson to the career of a nutritionist. What does the job entail? What skills do you need as a nutritionist? Why is a good level of understanding in food hygiene important? Gatsby Benchmark 4 - Linking curriculum learning to careers Gatsby Benchmark 5 - Encounters with employers and employees Gatsby Benchmark 6 - Experiences of workplaces		
Topic Overview		
Children will build upon their existing knowledge of healthy food and varied diets that they learned in years 1 and 2. Children will build upon their knowledge of where fruit and vegetables come from (Year 2 curriculum) by learning about why		

fruit and vegetables grow in certain countries based on their climates. They will understand seasonal fruit and vegetables and design a tart recipe using seasonal fruit. They will complete their recipe and evaluate it.

Possible Visits/Visitors

Visit a local farm to explore where a range of vegetables and fruit comes from. Visit the local supermarket/local shops to buy the food needed for project or to explore where food comes from and to identify which fruit and vegetables are seasonal. Visit from a dietician, chef or farmer.

Essential Subject Skills to be covered

- Create a healthy and nutritious recipe for a tart using seasonal ingredients, considering the taste, texture, smell and appearance of the dish.
- Know how to prepare themselves and a workspace to cook safely in, learning the basic rules to avoid food contamination.
- Follow the instructions within a recipe.
- Establish and use design criteria to help test and review dishes.
- Describe the benefits of seasonal fruits and vegetables and the impact on the environment.
- Suggest points for improvement when making a seasonal tart.

Overall Learning Outcomes

Children will design, make and evaluate a food recipe. They will learn how to prepare ingredients hygienically using appropriate utensils. They will follow recipes and measure ingredients. They will assemble or cook ingredients (controlling the temperature of the oven or hob).

Learning Intentions (for use in self-assessment at end of topic)

- To know that climate affects food growth
- To understand the advantages of eating seasonal foods grown in the UK
- To create a recipe that is healthy and nutritious using seasonal vegetables
- To safely follow a recipe when cooking

Sequence of lessons

- Children begin the lessons by identifying the different climates in which fruits and vegetables grow learning key vocab
- Children learn that we have to import some foods from other countries, and learn about seasonal British fruits - children to follow a recipe to make a crumble with fruits
- Children learn that fruits and vegetables of the same colour have similar health benefits and design a seasonal tart using a variety of seasonal fruit to provide a range of nutrients
- Children bring together the lessons from this unit to make their seasonal tart following a design brief

Suggested Strategies for Recording Learning

- Photographs
- Written work
- Written research
- Final product design
- Evaluation and analysis of work
- Taste tests