



Subject: DT

Year group: 3

Term: Summer

Unit name: Food- Healthy and varied diet (sandwiches)

Prior Knowledge –

- 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.

Techniques



Grating cheese



Spreading butter on bread



Cutting using the bridge technique



Cutting using the claw technique

National curriculum- technical knowledge

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of techniques
- Understand seasonality and know where and how a variety of ingredients are grown, reared., caught and processed. Know about a range of fresh and processed ingredients appropriate for their product. and whether they are grown. reared or caught.

Key vocabulary

name of products	savoury
names of equipment	hygienic
utensils techniques and ingredients	edible
texture	grown
taste	reared
sweet	caught
sour	frozen
hot	tinned
spicy	processed
appearance	seasonal
smell	harvested healthy/varied diet
preference	planning
greasy	design criteria
moist	purpose
cook	user
fresh	annotated sketch
	sensory evaluations

Design Process

Investigative and Evaluative Activities (IEAs)

Focused Tasks (FTs)

Design, Make and Evaluate Assignment (DMEA)



Enriching lives every day; enabling our school community to learn, achieve and flourish
through living 'life in all its fullness'



Key Learning Assessment Statements- what will the children know by the end of the unit?

To investigate a range of food products, identify which ingredients have been used and what food groups they belong to and how they have been grown and harvested.

To understand the principles of a healthy and varied diet.

To be able to carry out sensory evaluations on the contents of the food and record results using appropriate words to describe the taste/smell/texture/appearance.

To design a product for an intended user and purpose.

To demonstrate a range of techniques as appropriate to prepare ingredients hygienically including:

- the bridge and claw technique
- grating
- peeling
- chopping
- slicing
- mixing
- spreading
- kneading
- baking

*****Choose appropriate skill according to ingredients chosen*****

To be able to identify basic food hygiene practices when handling food.

To evaluate a product against the design criteria.

Compassion

When Jesus arrived, he saw a large crowd.
He felt sorry for them and healed those
who were sick.
Matthew 14:14