

**Year: 3 Program of Study:** Food – Healthy and varied diet.

**N.C POS:**

- *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.*

**Concept:** celebrations, diversity, similarity and difference, decades, change, location, society, food.

**Key Vocabulary:** Utensils, ingredients, texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury, hygienic, edible, healthy/varied diet, planning, design criteria, purpose, user, sensory evaluations.

**Prior Learning:** 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.

**Core Knowledge- non-negotiable**

**Designing**

- Generate 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 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.

**Evaluating**

- Carry out sensory evaluations of a variety of ingredients and products.
- Evaluate the ongoing work and the final product with reference to the design criteria and the views of others.

**Wider Influences**

- Use information and communication technology, such as web-based recipes, to develop and communicate ideas.
- Record sensory evaluations in a range of ways (tables, simple graphs).
- Know where and how a variety of ingredients are grown, reared, caught and processed.
- Stories
- Picnics
- Healthy eating
- School fair
- Religious festival
- Eco-fair/green days
- Cultural focus day

**Enduring Understanding**

- Know how to use appropriate equipment and utensils to prepare and combine food.
- Know and use relevant technical and sensory vocabulary appropriately.

--