

Year 3 – Term 1

How can the choices we make affect our well-being?

DT



National Curriculum Links:

Use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose, aimed at particular individuals or groups.

Select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities.

Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work.

Understand how key events and individuals in design and technology have helped shape the world.

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.

Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

Essential Prior Learning:

Be able to recognize and use kitchen knives, potato peelers and graters and use them safely.

Some food combinations work better together than others.

Most of the food we eat comes from a farm originally and we buy it from a shop.

Progression in Skill:

Know that food is grown (such as tomatoes, wheat and potatoes) reared (such as pigs, chicken and cattle) and caught (fish) in the UK, Europe and the wider world.

Prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source.

Use a range of techniques: chopping, slicing, grating, spreading.

Know that a healthy diet is made up from a variety and balance of different food and drink, as depicted in the Eatwell plate.

Gather information about the needs and wants of particular individuals and groups.

Generate realistic ideas with a clear purpose or person in mind.

Make design decisions that take account of the availability of resources.

Select materials, components, tools and equipment suitable for the task.

Follow procedures for safety and hygiene.

Consider the views of others, including intended users, to improve their work.

Refer to their design criteria as they design and make.

Use their design criteria to evaluate their completed products.

Investigate & analyse:

- How well products are designed & made – who by, where and when
- How well products work, achieve their purpose and meet user wants/needs

Find out about inventors, designers, engineers, chefs and manufacturers who have developed ground-breaking products.

Long-term Memory Knowledge:

Fruit and vegetables are grown, mammals are reared and fish/seafood are caught – all this happens on farms, although some people can have smaller versions, such as an allotment.

Eating a range of food types means our bodies get all the nutrients it needs to be healthy; foods aren't 'good' or

'bad' but there are some our bodies need more of than others.

Key Vocabulary

grown	Food that comes from a plant is grown, e.g. fruit, vegetables and crops such as wheat.
reared	Food that comes from animals – mammal or bird – is reared: it is looked after by the farmer until it is ready to be eaten.
caught	Seafood and fish are caught for food. They can be caught out at sea or from smaller, specially designed, ponds and pools that makes it easier to farm them.
savoury	food that has a spicy or salty quality to it, i.e. not sweet

Progression in Resources

Kitchen knives, grater, saucepan, wooden spoon, induction hob

Relevance

Now	Children have a greater understanding of where their food comes from (rather than just 'the shop') and recognise some of the key ingredients in common foods.
Future	Children are able to prepare and cook a range of meals that support a balanced diet, using equipment safely; they have less reliance on processed or pre-packaged foods.
Aspiration	Children consider careers in the food industry: they may be interested in farming and food production methods or work as a chef, creating meals for others. They could consider a career as a nutritionist or dietician to educate others about food.