



Subject: DT		Year group: 3 Term: Autumn 2		Title: Healthy Humans					
What should I know? - How to group familiar food products e.g. fruit and vegetables - How to explain where food comes from - How to cut, peel, grate and chop a range of ingredients - How to work safely and hygienically - Why we need a variety of foods in our diet to keep us healthy - How to measure and weigh food items 		Facts I will learn ... - Which items are popular in a packed lunch - How popular pre-packed sandwiches and wraps are in this country - The names and uses of a range of tools used for preparing ingredients - What savoury food items are and some examples of these - The Hygiene and safety rules to follow when preparing food 		Key questions ... - Product - what different products can be used in a packed lunch? - Purpose – when might you need a packed lunch? - User - who is going to eat your packed lunch? - What ingredients will you need? - What tools and techniques will you use to prepare the meal? 					
Key Skills... To analyse the taste, texture, smell		Experiences that school will provide:		Key vocab Definition <table><tr><td>Recipe</td><td>A list of instructions for making a food dish.</td></tr><tr><td>Ingredient</td><td>One of the parts of a mixture.</td></tr></table>		Recipe	A list of instructions for making a food dish.	Ingredient	One of the parts of a mixture.
Recipe	A list of instructions for making a food dish.								
Ingredient	One of the parts of a mixture.								

- and appearance of a range of foods
- To follow recipes
- To plan a sequence of actions using drawings and annotations
- To select ingredients according to their properties
- To select a range of tools with accuracy
- To select the techniques used i.e. grating, chopping and peeling
- To evaluate a product against the design criteria



- A visit to a farm to explore fruits and vegetables



Web links

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

<https://www.kidspot.com.au/kitchen/recipes/collections/cooking-with-kids>

Experiences that could be provided at home...

- Plan and prepare a healthy meal at home
- Help out at home with meal preparation including chopping and grating