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| **DT Year 3 Food and Nutrtition Block B** | | | |
| **National Curriculum**  **Cooking and nutrition**  As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating.   Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity.  Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.  **Pupils should be taught to:**   * Key stage 2  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. | | | |
|  | Lesson 1 | Lesson 2 | Lesson 3 |
| **Learning intention** | What is meant by the term balanced?  Why are fresh foods better? | What is meant by the term balanced?  Why are fresh foods better? | What is meant by the term balanced?  Why are fresh foods better? |
| **Skills taught** | Can use a knife safely and with increasing accuracy  Demonstrate how to stew fruit | Can show creativity in their exploration of ingredients and flavour combinations  Can apply their knowledge of sweet, salty, spicy and sour flavours | Can use knife skills with increasing accuracy  Can demonstrate the claw and bridge techniques |
| **Recall and retrieval** | Vegetables contain vitamins and minerals  Processed food is food that has been treated in some way to preserve or change it  Many processed foods contain additives or high quantities of salt or sugar which is unhealthy | To have a balanced diet we should eat healthy foods regularly and less healthy foods in moderation  Processed food can contain high levels of salt and sugar, making it unhealthy  Key flavours are sweet, salty, spicy and sour | Starch is a carbohydrate found in rice, flour and potatoes  The bridge is a method of cutting food in half or quarters  The claw is a technique used to slice, dice or chop food safely  Due to the use of additives, pre-made or processed food is often less healthy than freshly made food  Processed food tends to have additives and high quantities of salt or sugar that make it a less healthy option |
| **Sequence of knowledge throughout the lesson** | **Key knowledge**  Can identify some key nutrients  Can distinguish between healthy and unhealthy foods  Can identify some foods that should be eaten in moderation  Can name different methods of preserving fruit | **Key knowledge**  Can explain what a kernel is, where it comes from and how it reacts to heat  Can show an understanding of moderation by adding small amounts of salt or sugar to popcorn flavourings | **Key knowledge**  Can explain that potatoes provide carbohydrates and that this nutrient is essential for energy  Can explain that a balanced diet means eating some food in moderation |
| **Scaffolding** | Visual steps to success. | Working examples.  Visual steps to success. | Working examples.  Visual steps to success. |
| **Challenge** |  |  |  |
| **Key Vocabulary** | Seasonal  Balanced  Preserve  Stew  Pressure  Seasoning | Seasonal  Balanced  Preserve  Stew  Pressure  Seasoning | Seasonal  Balanced  Preserve  Stew  Pressure  Seasoning |