



YEAR 3 – EATING SEASONALLY



QUESTION: HOW CAN WE USE THE SEASONALITY OF VEGETABLE TO CREATE A DELICIOUS DISH?



Food and nutrition



Practical knowledge



Design process

WEEKS OF TEACHING	LINE OF ENQUIRY	THRESHOLD CONCEPT	SUBSTANTIVE KNOWLEDGE	DISCIPLINARY KNOWLEDGE	CURRICULUM ENDPOINT
1	To explain why food comes from different places around the world.	Design, make, evaluate and improve	- Some fruits and vegetables cannot be grown in the UK because the climate is too cold. - Different foods grow in different countries depending on the weather there. - The UK has a temperate climate, which is good for growing foods like apples and carrots. - Some foods need hot, sunny climates to grow, such as bananas and pineapples. - Climate affects what food can grow in a place because plants need the right heat, sun and rain.	Design with purpose by identifying opportunities to design.	When designing and making, pupils should be taught to: Design 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
2	To explain the benefits	Design, make, evaluate and improve	Food that is imported travels long distances, which can cause more pollution.	Design with purpose by identifying opportunities to design.	

	of seasonal foods.		- Some foods are flown or shipped to the UK because they cannot be grown here all year round. - Fruits and vegetables grow in different seasons in the UK, such as strawberries in summer and pumpkins in autumn. - Seasonal food is usually fresher because it has not travelled as far. - Recipes often use seasonal ingredients, which are grown at that time of year in the UK.		<u>Make</u> - 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 - select from and use a wider range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing], accurately <u>Evaluate</u> - evaluate their ideas and products against their own design criteria and consider the views of others to improve their work <u>Cooking and nutrition</u> - prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
3	Cutting and peeling	Master Food	- Different tools are used to prepare food, such as knives, peelers and chopping boards. - Some foods need preparing before eating, like peeling or cutting, to make them safe and easier to eat. - Not all foods need preparation, such as soft fruits that can be eaten whole. - Safety rules must be followed when preparing food, including sitting safely and holding tools correctly. - Food preparation helps keep food clean and safe before cooking or eating.	- Prepare ingredients hygienically using appropriate utensils. - Assemble or cook ingredients (controlling the temperature of the oven or hob, if cooking).	
4	Tasting seasonal ingredients	Master techniques Food Design, make, evaluate and improve	- Foods grow in different seasons, depending on the weather and time of year. - Seasonal foods are foods that grow naturally at that time of year in the UK. - Different fruits and vegetables have different flavours, such as sweet, sour or bitter. - Tasting helps us decide if we like a food and how it could be used in a dish. - A taste wheel helps describe flavours clearly using agreed words.	- Make products by working efficiently (such as by carefully selecting materials). - Refine work and techniques as work progresses, continually evaluating	

5	Making a mock up	• Master technique Food	• Designs are planned before food is made to help it turn out well. • Design criteria explain what a dish should include, such as seasonal ingredients or certain flavours. • Seasonal ingredients can be chosen for a recipe because they are fresh and suitable at that time of year. • Mock-ups show what a dish will look like before it is made. • Designs can be changed and improved before cooking. •	• Prepare ingredients hygienically using appropriate utensils. • Measure ingredients to the nearest gram accurately. • Follow a recipe. • Assemble or cook ingredients (controlling the temperature of the oven or hob, if cooking).	• understand and apply the principles of a healthy and varied diet • understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
6	Evaluating seasonal tarts	• Design, make, evaluate and improve	• Food can be evaluated by tasting it carefully. • Taste, texture and appearance are important when judging a dish. • Seasonal ingredients affect the flavour and quality of food. • Feedback helps improve future designs and recipes. • Identifying strengths helps designers understand what worked well. •	• Prepare ingredients hygienically using appropriate utensils. • Measure ingredients to the nearest gram accurately. • Follow a recipe. • Assemble or cook ingredients (controlling the temperature of the oven or hob, if cooking).	