

Y3/4 Year B Autumn Term
Topic: Food Glorious Food
Subject: DT – Seasonal Food

National Curriculum Objectives

Understand and apply the principles of a healthy and varied diet.

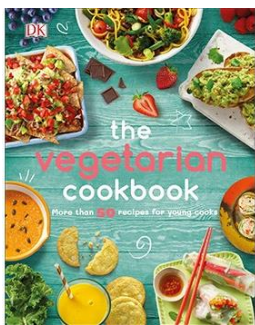
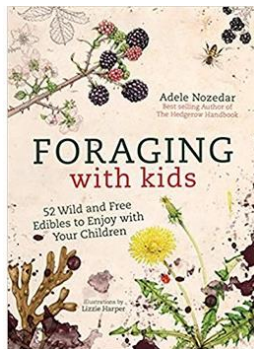
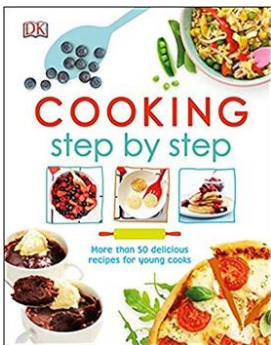
Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.

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

Links to school values:

Thankfulness
 Respect

Texts to support learning:



Key Knowledge and Vocabulary

Know what **seasonal food** is.
 know why certain foods are available all year round in Britain.
 Know how to prepare food **safely** and **hygienically**.

Know that some **seasonal fruits** are suited to the **climate** and weather conditions in Britain.
 Know how fruit may be **processed** and/or **preserved**.
 Know how to follow instructions for a recipe using **seasonal** fruit or jam.

Know why vegetables form an important part of a **healthy diet**.
 know when some British vegetables are **in season**.
 Know how to prepare a **healthy meal** using **seasonal vegetables**.

Name a variety of food products that come from animals.
 Know some reasons why some meat is not **in season** all-year-round.
 Know how to prepare a **healthy, savoury** meal using meat (or a **vegetarian** alternative.)

Know some ways in which fish are caught or **reared** and **processed** in Britain.
 Know some of the **nutrients** in fish.
 Know how to prepare a **healthy, savoury** meal using fish or **vegetarian** alternatives.

Know some reasons why some foods are only **in season** for a short time. Know and explain why it is a good thing to eat **seasonal food**.