

### **NATIONAL CURRICULUM:**

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.

### **PRIOR KNOWLEDGE:**

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 will basic principles of a healthy and varied diet to prepare dishes understand where food comes from.

### **KEY VOCABULARY:**

Grams, Kilograms ,  
Millilitre, Temperature  
Hygiene, Utensils, Texture,  
Appearance. Preference, Edible,  
Grown, Processed,  
Seasonal, Varied diet, Europe,  
Savoury, Energy, Mixing,  
Spreading, Kneading, Baking

# **Design and Technology: Food (Y3) Autumn Make a salad dressing**



### **Enquiry Questions:**

1. What salad dressings do you like?
2. Are there any children from a different country that can tell us about salad dressings from their countries?
3. What ingredients are common to salad dressings?
4. Can we mimic a premade salad dressing using the raw ingredients?
5. Can we design and make our own salad dressing?
6. What do others think of our salad dressing?

### **CONTEXT:**

Chn will start to know that food is grown, reared and caught in the UK, Europe and the wider world. They will understand how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source. They will begin to understand how to use a range of everyday cooking/baking techniques, and its associated vocabulary. They will start to understand that a healthy diet is made up from a variety and balance of different food and drink, as depicted in 'The Eat well plate' They will Begin to know that to be active and healthy, food and drink are needed to provide energy for the body.

### **STICKY KNOWLEDGE:**

- Hygiene refers to washing both your hands and workspace/utensils thoroughly using hot water and a detergent/soap
- Hygiene is important due to the risk of illness, should high standard anot be maintained.
- Chn will know that wearing appropriate protective clothing, such as aprons keeps them clean
- Name some types of salad dressings and their key components.
- To know the components of the 'Eat Well PLate.'

### **SKILLS:**

- To follow a recipe
- To prep food safely
- To chop and peel safely
- To mix ingredients