

Key Vocabulary

Texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury, hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet planning, design criteria, purpose, user, annotated sketch, sensory evaluations

Glossary

Appearance	The way something looks
Climate	The weather conditions that an area usually has.
Complementary	Things that go together like colours or flavours
Design	A plan for a recipe or dish
Evaluate	To decide how good something is.
Export	Food sold to another country
Import	Food brought in from another country
Ingredients	Foods that a recipe is made from
Peel	To remove the skin of fruit or vegetables
Seasonal	Food that grows at a certain time of the year
Temperate	A climate with four seasons like the UK
Texture	The way food feels in your mouth
Weather	The temperature or conditions outside

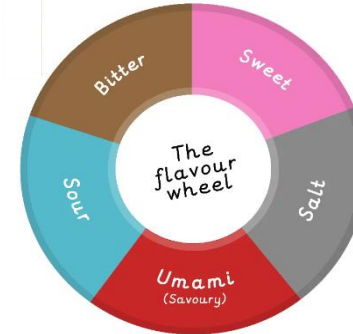
Learning Objectives:

- I can explain why food comes from different places around the world.
 - I can explain the benefits of seasonal foods.
- I can develop cutting and peeling skills.
- I can evaluate seasonal ingredients.
 - I can design a mock-up using criteria.
 - I can evaluate a dish.

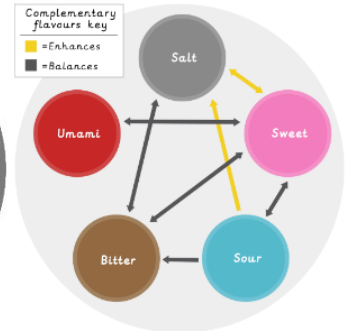
Hygiene:

- tie long hair back
- wear aprons
- cover cuts with blue plasters
- wash hands thoroughly with soap and dry with a paper towel

Flavour Wheel



Complementary Flavours



(Sticky) Knowledge & Skills that I need to remember

pumpkins from Mexico

soya beans from Canada

plums from China

bananas from Brazil

olives from Greece

watermelons from South Africa

- cutting
- grating
- spreading
- taste testing
- peeling

Key facts

Fruits and vegetables are full of vitamins, minerals and fibre. The different colours give a clue to what they contain.

Blue and purple: vitamin C and fibre.

Red: vitamin A and vitamin C.

Green: vitamin E, iron, B vitamins and calcium.

Orange and yellow: vitamin A, vitamin C and fibre.

Name _____



DT Evaluation – Food and Nutrition Year 3/4

My Structure (photo)	What I enjoyed
What I was good at:	What I would change

Name _____



DT Quiz – Spring - Food and Nutrition Year 3/4 (Before Learning)

1: Which of these foods are available in June in the UK?

- a) Strawberries
- b) Oranges
- c) Bananas
- d) Pineapples

2: Climate zone is the UK in?

- a) Tropical
- b) Polar
- c) Temperate
- d) Mediterranean

3: Which of these best describes the flavour of potato?

- a) Sweet
- b) Bitter
- c) Earthy
- d) Fresh

4: The appearance of a dish is...

- a) How it looks
- b) How it tastes
- c) How it smells
- d) It's texture

5: The _____ affects which fruit or vegetables can grow.

- a) Farm
- b) Climate
- c) Ground
- d) Factory

6: What is seasonal food?

- a) Food that is harvested and eaten in a certain season
- b) Food that recycles every few weeks
- c) Food that travels to the factory
- d) Food that is eaten in cold weather

7: You can tell the vitamins and minerals in a fruit and vegetable by...

- a) Smelling it
- b) Slicing it in half
- c) Peeling it
- d) Looking at its colour

8: When a food is brought into the country it has been...

- a) Carried
- b) Exported
- c) Processed
- d) Imported

9: Which of these foods cannot be peeled with a peeler?

- a) Potato
- b) Banana
- c) Cucumber
- d) Carrot

Have a discussion as to why should you try to buy seasonal foods?

Do they mention - seasonal foods support local farmers in the UK.

Growing foods outside their natural growing season takes a lot of energy and can contribute to climate change

Importing foods costs money and takes energy, it can cause pollution.