



Cycle A Spring Term Year 3/4 DT Knowledge Organiser – Cooking and Nutrition

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 |

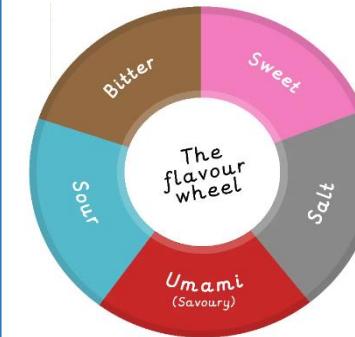
Learning Objectives:

- 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.

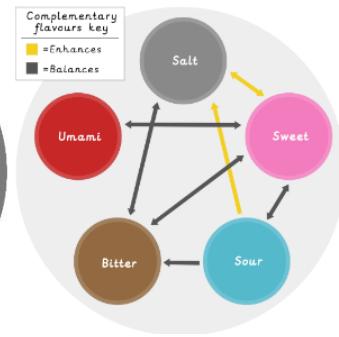
Hygiene:

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

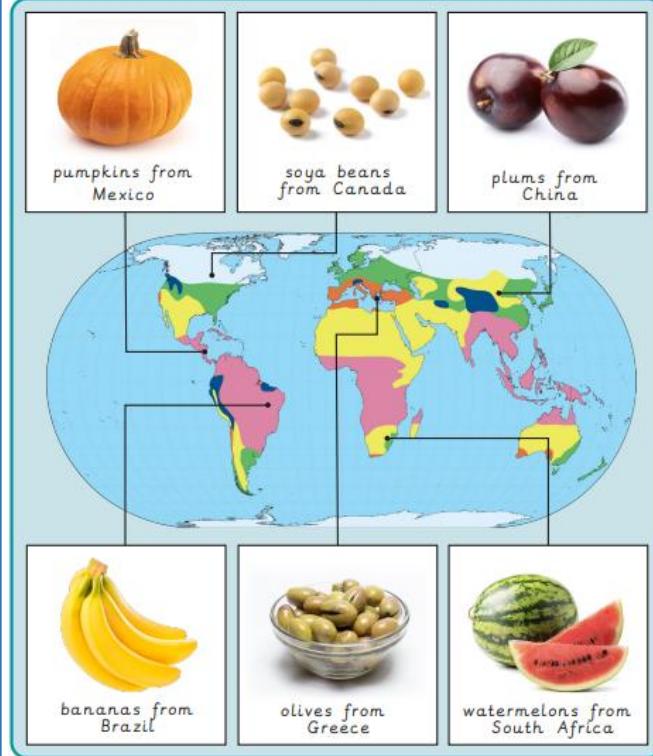
Flavour Wheel



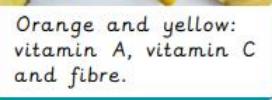
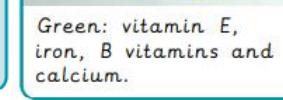
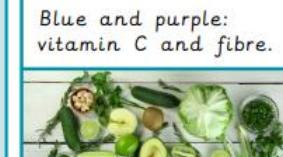
Complementary Flavours



(Sticky) Knowledge & Skills that I need to remember



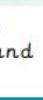
Key facts



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) Its 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 is recycled 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.