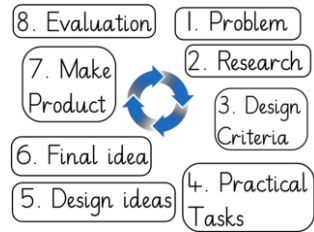


## Design process



# Y3 - Food

Preparing food and understanding where different foods comes from

## Outcomes

To design and make a healthy salad.  
To discuss how diets have changed over time.



## Vocabulary

Grate  
Cut  
Peel  
Chop  
Ingredients  
Method  
Recipe

## Key knowledge and skills

We are starting to understand and apply the principles of a healthy and varied diet.

We understand that diets have changed over time.

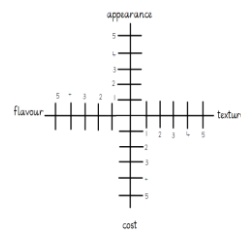
We can select from and use a range of equipment.

We can test ingredients and evaluate different flavours and textures.

We can write and follow a recipe.

We can prepare food hygienically.

We can evaluate our own product against a criteria.



## Health and safety

We can use a knife independently and carefully



## Links to other subjects

Science: healthy diet and food groups  
Theme: Roman Britain

## Links to prior learning and next steps:

EYFS- Continuation of making food  
Y1 - Prepare and make a salad  
Y2 - Design and make bread. Prepare and make sushi  
Y4 - Prepare and make a healthy snack.  
Y5 - Prepare and make mango lassi. Celebrating culture and seasonality



Equipment used  
Chopping boards, mixing bowls,  
graters and knives

