



The Acorn Partnership
Marston Montgomery Primary School
Long Lane C of E Primary School

Food and Nutrition: Year 3 – Autumn Term

How can we prepare ingredients for a vegetable curry?

Prior Learning

- Know some ways to prepare food hygienically and safely.
- Have some understanding of 'The Eatwell Plate' and how to maintain a healthy diet.
- Used some equipment and utensils to prepare and combine ingredients.
- Know that food is grown, reared or caught.

Sticky Knowledge

- I know about a range of fresh and processed ingredients and whether they are grown, reared or caught.
- I can carry out sensory evaluations of ingredients and record my evaluations carefully.
- I can design an appealing product for my user based on sensory evaluations, using annotated sketches and web-based recipes (where appropriate).
- I can plan the main stages of a recipe with some innovation, listing ingredients, utensils and equipment.
- I can select and use appropriate utensils and equipment to prepare and combine ingredients safely and hygienically to create a savoury dish.

What skills will I need?



Bridge Hold



Claw Grip

Where do our ingredients come from?

Grown	Reared	Caught	Processed
 <p>Herbs</p>  <p>Wheat</p> 	 <p>Eggs</p> 		 <p>FLOUR</p> <p>SUGAR</p> <p>BUTTER</p>



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Vocabulary

Appealing	When something looks or sounds so nice that you really want it.
Appearance	How something looks on the outside.
Design	A plan or idea for how something should look or work.
design criteria	A list of things that a design must include to be useful or good.
Equipment	Tools or things you need to do a job
Evaluate	To look closely and decide how good or useful something is.
Fresh	Fresh food comes right from farms, gardens, or orchards
Greasy	Covered in or full of oil or fat.
Hot	Very warm, or something that can burn you OR something that is spicy
Hygienic	Clean and safe from germs.
Ingredients	All the different foods or items used to make a dish or product.
Moist	A little bit wet, but not too much.
Planning	Thinking about what you want to do and how to do it before starting.
Purpose	The reason why something is done or made.
Savoury	Food that isn't sweet and often tastes salty or spicy.
Smell	What you sense through your nose.
Sour	A taste that is sharp and tangy, like a lemon.
Spicy	A taste that feels hot in your mouth.
Sweet	A sugary taste that many people like.
Taste	What you sense when food is in your mouth.
Texture	How something feels when you touch or eat it.
User	The person who uses or works with something.