

Design and Technology: Year 3 and 4 - Spring Term - Cooking and Nutrition - Healthy and Varied Diet

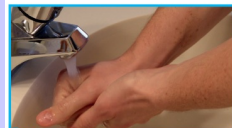
Lesson 1 - Eatwell Plate



Lesson 2 - Tasting



Lesson 3 - Safety and hygiene



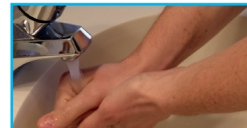
1 Rinse hands with water



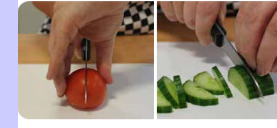
2 Apply plenty of soap



3 Rub your hands together



4 Rinse your hands



Lesson 4 & 5 - Design & make a food product

Vegetables

Onion
Carrot
Green pepper
Red pepper
Mushroom
Courgette
Sweetcorn
Potato


Herbs and Spices

Cumin (ground)
Oregano
Basil
Chilli powder
Tarragon
Turmeric
Thyme

Choose 4 vegetables

Choose 3 herbs or spices

Lesson 6 - Evaluate a food product

Date	
Learning Objective	I can use design criteria to evaluate my product.
	Success Criteria
	I used the design criteria to evaluate my product.
	Begin to identify strengths in my product.
	Begin to identify areas for development in my product.
Vocabulary	
Evaluate, appealing	

Did you meet the design criteria?

Design Criteria: Your product must, -

To design, make and evaluate a _____

(product) for _____ (user) for

_____ (purpose).

In your book, answer these questions, -

1. Did you meet the design criteria? Explain your answer.
2. What did you do well?
3. What would you improve?

Key vocabulary

diet, healthy, varied preference, appearance, texture, taste, smell, sweet, savoury, sour, hot, spicy, greasy, moist, fresh, hygienic

Name of equipment / utensils - knife, peeler, hob, saucepan, chopping board, wooden spoon

Name of ingredients - carrot, tinned tomatoes