



The Canons CE Primary School



Y3 Design Technology – MTP cookery unit – summer term

Ladders for the unit to go here please:

Y3C-D1 I can create a healthy and nutritious recipe for a savoury tart using seasonal ingredients.

Y3C-M1 I know how to prepare a workspace to cook safely in (inc. contamination)

Y3C-M2 I can follow instructions within a recipe.

Y3C-E1 I can use a design criteria to test and review dishes.

Y3C-E2 I can suggest points for improvements.

Y3C-E3 I can describe the benefits of seasonal fruits and vegetables and the impact on the environment.

Before Lesson:	Pre-assessment: https://www.kapowprimary.com/subjects/design-technology/lower-key-stage-2/year-3/food-eating-seasonally/assessment-dt-y3-food-eating-seasonally/ Stick in knowledge organiser – allow the children some time to look over it. Do they recognise any of the answers from their pre-assessment?	Pre-assessment sheet KO	
Lesson 1	<u>LI: Y3C-M1I know how to prepare a workspace to cook safely in (inc. contamination)</u> <u>LI: Y3C-M2 I can follow instructions within a recipe.</u> Look at the fruits on the board. - Where do you think these fruits have been grown? - Why do we think some ingredients are sourced from far away? - What conditions do you think these fruits need to grow? - Why do you think these fruits CAN NOT be grown in the UK? Before we go any further, we are going to go through some information (slides 1-8) Where in the world? https://www.kapowprimary.com/subjects/design-technology/lower-key-stage-2/year-3/food-eating-seasonally/lesson-1-where-in-the-world/	Resources Fruit skewer recipe Plates Skewers Butter knives Paper towels Fruit	Key vocab Climate Diet Natural Processed Reared Seasons Imported Sugar Recipe Seasonal

	You will all a map of the world into your books, but you will work with your learning partner. Slide 9 will help us with this task! Can you name any of the countries in which the fruits are grown? Can you label any of the countries at all? Slide 10 will give us some answers The fruits and vegetables that we have looked at are grown in different places around the world. This is because the climates and the seasons are different during different times of the year. Take a look at the fruit skewer recipe – slight edit to this. Children will be making basic skewers – do not stick this in books. Children will create their own recipe sheet in DT books when they have carried out the task.		
Lesson 2	<u>LI: Y3C-E3 I can describe the benefits of seasonal fruits and vegetables and the impact on the environment.</u> Watch this video before the lesson is delivered: https://www.kapowprimary.com/subjects/design-technology/lower-key-stage-2/year-3/food-eating-seasonally/lesson-2-british-seasonal-foods/ Food miles: https://video.link/w/LUxWc - This video mentioned food miles? What does that mean? - What does the term 'seasonal' mean? - Where does the food in our supermarkets come from? - Is the food in the supermarket always seasonable in the UK? - Do we need to import food?	Resources Seasonal food wheel sheet 15 x Ipads Small tins (takeaway style) Spoons Knives	Key vocab Climate Diet Natural Processed Reared Seasons Imported Sugar Recipe Seasonal

	- What are the effects of importing food? Seasonal food wheel: Stick sheets in book. Children work in pairs to research on the iPad. <u>LI: Y3C-M1I know how to prepare a workspace to cook safely in (inc. contamination)</u> <u>LI: Y3C-M2 I can follow instructions within a recipe.</u> Children will be working in small groups of 3 today. It will be best to decide on a class fruit to make the crumble – strawberry worked well last year! Recap: https://www.kapowprimary.com/subjects/design-technology/lower-key-stage-2/year-3/food-eating-seasonally/lesson-2-british-seasonal-foods/	Bowls Ingredients (see slides)	
Lesson 3	<u>LI: Y3C-D1 I can create a healthy and nutritious recipe for a savoury tart using seasonal ingredients.</u> <u>LI: Y3C-E3 I can describe the benefits of seasonal fruits and vegetables and the impact on the environment.</u> In a moment, I am going to put you into teams. I will pick a team leader that will be in charge of the whiteboard and pen. There are 4 teams and I am going to give you some colours. 2 teams will have red, orange and yellow 2 teams will have green, blue and purple How many fruits or vegetables can your list in 3 minutes? Rainbow of colour: https://www.kapowprimary.com/subjects/design-technology/lower-key-stage-2/year-3/food-eating-seasonally/lesson-3-rainbow-food/ Research time! In pairs, I would like you to log into ONE person's SeeSaw page. You will find that there are some links for you to look at. They are a variety of recipes for a seasonal vegetable tart. Can you find what 'common' ingredients are used?	Resources Ipads Seasonal Tart design sheet	Key vocab Climate Diet Natural Processed Reared Seasons Imported Sugar Recipe Seasonal



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	Write your findings on whiteboards. Seasonal Tart: What will you call your tart? You may not have tasted some of these vegetables before! That is good, this is about trying new things and experimenting with flavours! As an added extra, you must use 1 cheese!		
Lesson 4	<u>LI: Y3C-M2 I can follow instructions within a recipe.</u> <u>LI: Y3C-E1 I can use a design criteria to test and review dishes.</u> <u>LI: Y3C-E2 I can suggest points for improvements.</u> We will start by looking at how we make a seasonal vegetable tart! https://www.kapowprimary.com/subjects/design-technology/lower-key-stage-2/year-3/food-eating-seasonally/lesson-4-making-tarts/ Watch carefully, we will be doing this in class. Before we move on, recap your tart ideas – this is what you will be following! - Did it taste as they expected? - Does it look appetising? - Does it reflect a balanced diet? We need to think about: - How would you improve this tart? - Would you change anything?	Resources Access to their design sheet Seasonal tart recipe Ingredients. Ask parents to send in a small plastic tub	Key vocab Climate Diet Natural Processed Reared Seasons Imported Sugar Recipe Seasonal
Any notes for the lesson: Make sure ingredients are ordered in time. Technical knowledge:			



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To know that not all fruits and vegetables can be grown in the UK

- To know that climate affects food growth
- To know that vegetables and fruit grow in certain seasons
- To know that cooking instructions are known as a 'recipe'
- To know that imported food is food which has been brought into the country
- To know that exported food is food which has been sent to another country.
- To understand that imported foods travel from far away and this can negatively impact the environment
- To know that each fruit and vegetable gives us nutritional benefits because they contain vitamins, minerals and fibre
- To understand that vitamins, minerals and fibre are important for energy, growth and maintaining health
- To know safety rules for using, storing and cleaning a knife safely
- To know that similar coloured fruits and vegetables often have similar nutritional benefits