

Year: 3  
 Term: Autumn 1  
 Topic: Cooking and nutrition - Eating seasonally



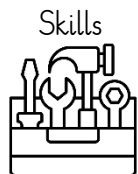
Where does this learning link to aspirations for the future?

Nadiya Hussain became famous on 'The Great British Bake Off'. She has written books and made TV programmes since then.

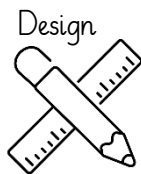
In DT we follow this five step process.



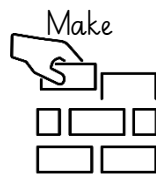
Research



Skills



Design



Make



Evaluate

### 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 bought 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 in the UK.
- texture** The way food feels in your mouth.
- weather** The temperature or conditions outside.

### 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.

 pumpkins from Mexico	 soya beans from Canada	 plums from China
 bananas from Brazil	 olives from Greece	 watermelons from South Africa

### Skills



cutting



grating



spreading



peeling



taste testing