



## DT: Food Technology Knowledge Organiser – Seasonal Food. Lower KS2: Yr3

### Opportunities for teaching Diversity, Equality & Cultural Capital:

Visit the Whitby & District Fishing Industry Training School or get a representative to come to school and speak to the children. Visit the fish quay & local fresh fish shops.  
Visit a local farm and farm shops to see which foods are in season at the moment and find out what can be made with the seasonal produce.



### Key Knowledge: Food Groups - Eating a Healthy Seasonal Diet.

Some foods are **seasonal** which means they are ready to be harvested at different times of year. This is the best time to eat them.

**Spring:** March, April, May



**Summer:** June, July, August



**Autumn:** September, October, November



**Winter:** December, January, February



How much of each food group makes a healthy dish?

**Fruit and vegetables:** Should make up one third of your dish.

**Carbohydrates:** Should make up one third of your dish.

**Proteins:** Should be about one sixth of your dish.

**Dairy:** You should eat about 2-3 portions per day.

**Fats and Sugars:** Should only be used in small amounts.



### Quick Quiz.

Can you name the 3 ways our food is produced?

Can you name 5 examples of food from plants?

Can you name 2 seasonal dishes that include meat or fish?

### What you will have learnt by the end of this unit.

- ❖ How to make healthy eating choices and form an understanding of a balanced diet
- ❖ To prepare ingredients hygienically, selecting appropriate utensils
- ❖ To develop a sensory vocabulary, using smell, taste texture and feel
- ❖ To measure ingredients in grams with support
- ❖ To follow a recipe or instructions
- ❖ To assemble and cook ingredients – know how to mix, mould and begin to cook foods.
- ❖ To evaluate dishes against design criteria

### What you have already learnt in Yr2.

- To grate, peel and chop a range of ingredients safely and hygienically
- To measure and weigh food items using non-statutory measures e.g. spoon and cups
- To assemble and cook-
- To understand where food comes from.
- To select ingredients according to their characteristics
- To know how to follow hygiene procedures
- To understand the need for a variety of foods in a diet

### Recall and Remember:

A lot of the food we eat is produced in the UK. All food comes from plants, animals and fish. It has to be grown, reared or caught.



#### Plants are grown.



Fruit, vegetables, cereals and potatoes are all from plants. Different parts of the plant are eaten: fruit, leaves, stems, roots/tubers.

#### Animals are reared.



Cattle, dairy cows, sheep, pigs and chickens are reared for our food. Dairy cows provide milk. Cattle, sheep, pigs and chicken provide meat which is a good source of protein.

#### Fish are caught.



There are many types of fish, such as cod, salmon and prawns. Fish can be used in lots of dishes and meals.

## Key Food Technology Skills I will use.

### Preparing Processes

Preparing processes are the different ways that we get food ready to be eaten.

**Slicing:** cutting food using a knife.

**Mixing:** to blend ingredients together, using a spoon, blender, or whisk.

**Weighing/measuring:** to get the right amount of an ingredient, using scales, table/teaspoons

**Grating:** to peel a layer off something (like carrots or cheese) using a peeler or grater.

**Serving:** making food look nice on the plate.



### Cooking Processes

Cooking processes are the different ways that we heat food before it is eaten.

**Baking:** to cook food in a heated oven.

**Boiling:** to cook food in boiling hot water. You can tell it is boiling (100°C) when it bubbles.

**Frying:** to cook food in a pan of heated oil.

**Grilling:** to cook food by putting it under a hot grill (like a radiator in a cooker).



### My skills and Knowledge that I may use from other subjects - Science

- Identify and name plants and animals in the local environment
- Know that materials change state when heated/cooled.
- Know that humans, need the right types and amount of nutrition, and that they cannot make their own food; they get their nutrition from what they eat.

### Key Vocabulary

Seasonal food	Food grown and harvested at a particular time of year.
Grown	Plants that are produced for food.
Harvested	The cutting, picking, gathering of food.
Rear	To raise and care for an animal until it is fully grown.
Caught	To catch or trap something in it's natural surroundings.
Food groups	Groups in which different foods are placed according to the type of nourishment they supply,
Carbohydrates	A nutrient essential for energy. Carbohydrates are sugars, starches & fibres found in, grains, (bread, pasta, cereals) vegetables such as potatoes, & root veg, fruit & milk products.
Protein	A nutrient essential to building muscle mass. It is commonly found in animal products, but is also present in nuts & legumes
Fat	A dense energy supply & a source of essential fatty acids, which the body cannot make itself.
Dairy	Milk & food that is made from milk – they contain the 3 main food groups.
Ingredients	Foods that are combined to make a particular dish.

### What you will have you learnt by the end of LKS2.

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| To follow a step-by-step recipe choosing the right equipment and materials. |
| To design a food product and make sure that it looks attractive.            |
| To select the most appropriate tools and techniques for a given task.       |
| To work accurately to measure and weigh out ingredients.                    |
| To name the 5 different food groups.  |
| To understand why a food may be considered unhealthy                        |
| To cook a variety of simple dishes.   |
| To describe how food ingredients come together.                             |
| To explain some different cooking methods.                                  |
| To know how to be hygienic and safe when using food.                        |

### *Always remember the Health & Safety Rules.*

<i>Remove any jewellery and tie back long hair. Ideally, wear a hair net.</i>	<i>Wear an apron and roll up your sleeves. Tie your apron securely.</i>	<i>Wash your hands with hot water and antibacterial soap, for at least 20 seconds.</i>	<i>Washing your hands should be done before, during and after preparing food.</i>	<i>Use different chopping boards and knives for raw meat &amp; other foods. This stops bacteria spreading.</i>	<i>Use a food thermometer to check that food is cooked through.</i>	<i>Check the dates on food, and check for allergies &amp; diet e.g. vegetarian, vegan.</i>	<i>Make sure that you clean up properly after yourself.</i>
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