

Year 3

DT - Cooking and Nutrition: Healthy and Varied Diet

Key Vocabulary	
appearance	How food looks to the eye.
balanced diet	A diet made of the right amount of each food group to stay healthy.
nutrients	The things a person needs from food to stay healthy.
organic food	Food which is grown without any chemicals.
processed food	Ingredients that have been changed so they can be eaten.
sensory evaluation	Evaluating what is good about a product based on how it looks, tastes, smells and feels.
strawberry huller	A small tool to remove the stalk and leaves from a strawberry.
texture	How something feels in your hand or mouth.

Bread based snacks with fillings

Toastie Blini Sandwich Filled Pitta Wrap





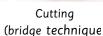






Preparation Techniques







Cutting (claw technique)



Grating cheese



Spreading butter on bread

How to stay safe when preparing food.

- Remove all jewellery
- Tie your hair back
- Roll your sleeves up

- Wear an apron
- Wash your hands
- Cover cuts with a blue plaster

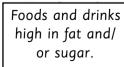
The Eatwell Plate

The Eatwell Plate shows us how to eat a balanced diet.

It shows how much of what you eat should come from each food group.

Potatoes, pasta and





Meat, fish, eggs, beans and other nondairy protein.



Remember
to try to eat 5 portions of fruit or
veg a day, and drink 8 glasses of
water.