



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
(bridge technique)



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 other starchy foods.

Fruit and Vegetables

Milk and Dairy

Meat, fish, eggs, beans and other non-dairy protein.

Foods and drinks high in fat and/or sugar.



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