

Year 3 - Cooking and Nutrition - Eating Seasonally - Term 3

Key Vocabulary

Seasonal	Food grown at a particular time of year.
Climate	Usual weather conditions of a place.
Temperate	A climate with seasons, such as the UK.
Import	Food bought from another country.
Export	Food sold to another country.
Ingredient	A food used in a recipe.
Peel	To remove the skin of fruit or vegetables.
Texture	How food feels in the mouth.
Complementary	Flavours that work well together.
Evaluate	To judge what is successful.

What can you remember from previous units?

Which food groups make a balanced meal?

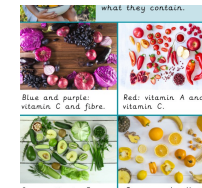
How do you prepare ingredients safely?

Anything else you have learnt?

What have you enjoyed?

Fruits and vegetables

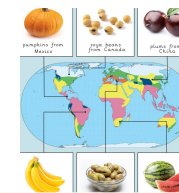
Different coloured fruits and vegetables provide a range of vitamins, minerals and fibre.



Aim to include a variety of colours.

Food from around the world

Fruit and vegetables can grow in other climates, and food is transported between countries.



Think about where food is grown.

Food preparation skills

You may cut, grate, spread, peel and taste-test as you prepare seasonal dishes.



Use tools safely and choose suitable ingredients.

To know statements

To explain why food comes from different places around the world.

To explain the benefits of seasonal foods.

To develop cutting and peeling skills.

To evaluate seasonal ingredients.

To design based on criteria.

To evaluate a dish.