D&T – Food: Healthy and Varied Diet
Year 3: Autumn 2

Key Vocabulary

Strawberry huller - Removes strawberries' inedible parts with a push and a twist to remove the hull and leaves.
Texture - the feel, appearance, or consistency of a surface or a substance.
Appearance – the way that something looks
Preference test - can determine if consumers prefer your product when compared to another product.
Processed food - anything we eat that we've changed on purpose in some way from its natural state.
Sensory evaluations - defined as "a scientific discipline used to inspire, measure, analyse, and interpret reactions to characteristics of foods and materials as they are understood by the senses of sight, smell, taste, touch, and hearing".

Key Questions

- How do the sensory characteristics affect your liking for the food?
- How and why are the different foods processed?
- What sort of food product could be made that could be easily carried?
- What do you need to consider to make your product part of a balanced diet?
- How could we make it appealing to eat?



Concepts

Designing

A plan or drawing produced to show the look and function or workings of a building, garment, or other object before it is made. The designer must consider the purpose and the intended user of the product being created.

Cooking and Nutrition

The nourishment or energy that is obtained from food consumed or the process of consuming the proper amount of nourishment and energy. An example of nutrition is the nutrients found in fruits and vegetables. An example of nutrition is eating a healthy diet.

Key Skills

• Generate and clarify ideas through discussion with peers and adults to develop design criteria including appearance, taste, texture and aroma for an appealing product for a particular user and purpose.

• Use annotated sketches and appropriate information and communication technology, such as web- based recipes, to develop and communicate ideas.

• Plan the main stages of a recipe, listing ingredients, utensils and equipment.

• Carry out sensory evaluations of a variety of ingredients and products.

• Know how to use appropriate equipment and utensils to prepare and combine food.

https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j