



Linked learning theme: All You Can Eat

Summer term, Year 3

Design & Technology – Food and Nutrition

Prior knowledge

In KS1, children have learnt about what makes a healthy diet. They have done some sweet and savoury dishes. They have practised cutting, grating, peeling.

Core knowledge

- A balanced diet consists mainly of carbohydrates, fruits and vegetables, dairy and protein.

Key skills

- Analyse the taste, texture, smell and appearance of different types of sandwiches.
- Making healthy eating choices.
- Select own sandwich filling which is proportionate to the Eatwell Plate.
- Cut, spread and peel ingredients.

Vocabulary	Smell	Carbohydrates	Protein
Taste	Appearance	Fruits / vegetables	Fat
Texture	Healthy	Nutritious	Dairy

Learning Outcomes

- I can analyse the taste, texture, smell and appearance of a range of foods (sandwiches).
- I can make healthy eating choices.