

## Design and Technology: Cooking and Nutrition – Year 4

### Previous learning in Year 3:

In Year 3, we learnt about the five main food groups and were able to give examples of foods in each of the groups. We were able to explain some of the benefits of eating certain food groups such as: dairy containing calcium, which is good for keeping our bones healthy. We learned about the distance some foods travel to reach us in the UK because we cannot always source our own food all year round.

### What (Key vocabulary)

oven	Equipment used to cook food under heat pressure
reared	To bring up/care for until fully grown
caught	To catch something
chopping	A method using a knife to separate parts of an ingredient
combine	Mix together
flavours	A distinctive taste of a food or drink
improved taste	A persons liking towards a food has got better - this may be because of the foods freshness
obesity	The state of being overweight
seasonality	Refers to the time of year when a type of food can be grown
substances	Physical material from which something is made from
disease	Germs harm our bodies and make us feel unwell, most diseases can be prevented and/or treated
energy	The strength required for sustained physical or mental activity