

Design and Technology: Cooking and Nutrition – Year 3

Previous learning in Year 2:

In Year 2, we learnt about the importance of a healthy balanced diet. Using our cooking skills we prepared healthy snacks incorporating as many of the five food groups as possible. We know the five main groups as being: dairy, meats, fats, grains and fruits and vegetables.

What (Key vocabulary)

cookie cutter	A device with sharp edges used to cut shapes out of biscuit dough
slicing	To cut an item of food into a sliced shape
vegetable knife	A sharp tool used to cut vegetables
farmed	An animal (livestock) which has been bred or grown on a farm instead of the wild
grown	Food that has become larger through a natural development over time
stove	A piece of equipment used for heating or cooking food
protein	A nutrient found in foods such as meat or eggs and is used to help cells in the body grow and repair
calcium	A mineral which is found in dairy foods such as cheese or milk, is helps to keep our bones strong
vitamins and minerals	Vitamin means 'vital for life' they are compounds (a substance made of two elements) necessary to keep our bodies functioning healthily
starchy foods	Our main source of carbohydrates – they are a good source of energy
carbohydrates	A nutrient found in food – can be split into two forms: sugars and starches
dairy	Dairy products are a type of food from or containing the milk of mammals such as: goats, cows or buffalos