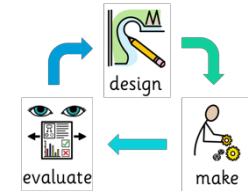




Year 3 – Spring – DT – Pupil Knowledge Organiser



What do I already know?		What am I learning now?	
<ul style="list-style-type: none"> The food we buy from the supermarket initially comes from farms. Our bodies need a range of food groups in order to be healthy. Different food groups meet different needs, e.g. carbohydrates give us energy. The Eat Well plate helps us know how much of the food groups our bodies need. We prepare food by grating, slicing, chopping and cutting. 		<ol style="list-style-type: none"> Where does our food come from? What parts of a plant can we eat? What makes a dish healthy? Can we design a healthy dish? How do we make a dish safely? What makes my dish successful? 	



Key Knowledge: Sources	Key Knowledge: Healthy Eating	Design, Make, Evaluate	Key Vocabulary
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 <p>In the UK, we grow (carrots & potatoes), rear (cows & chickens) and catch (fish) a wide variety of foods.</p> 	 <p>Eating different plant parts gives us different vitamins and minerals to keep us healthy.</p>	 <p>Using the Eat Well Plate helps us to plan a healthy combination of ingredients.</p>  <p>Roasting uses less oil compared to frying and preserves vitamins and minerals in vegetables.</p>	<p>In Design and Technology, we follow a process:</p>  <p>design</p> <p>Develop a range of ideas based on who will use our product and what for.</p>  <p>make</p> <p>Safely assemble, join and combine materials.</p>  <p>evaluate</p> <p>Learn from existing products.</p> <p>Discuss what is good and what can be improved about our products, based on our design criteria.</p>	<p>grow</p> <p>rear</p> <p>catch</p> <p>plant</p> <p>root</p> <p>tuber</p> <p>fruit</p> <p>flower</p> <p>vitamin</p> <p>mineral</p> <p>roast</p>	<p>To plant and develop food to maturity.</p> <p>To raise and take care of animals.</p> <p>To stop and hold on to an animal.</p> <p>A living thing is grown in soil from a seed.</p> <p>The leafless underground part of a plant that absorbs water and holds the plant in place.</p> <p>A short fleshy root.</p> <p>A sweet or sour part of a plant that contains seeds.</p> <p>The colourful part of a plant that makes seeds.</p> <p>Tiny substances in food that helps keep us healthy and strong.</p> <p>A natural substance found in rocks or soil that our bodies need to stay healthy and grow.</p> <p>A cooking method where foods are cooked in an oven.</p>
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Key Knowledge: Food Safety & Hygiene		
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 <p>Washing hands before cooking keeps germs away from our food.</p>	 <p>Wearing aprons keeps our clothes clean; tying hair back stops it getting in the food.</p>	 <p>Different foods need different cutting boards to stop bad bacteria spreading.</p>
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