

Subject Specific Vocabulary



Year 3 & 4 Spring Cycle B Design and Technology Food and Nutrition: Healthy and Varied Diet Concept: Nutrition

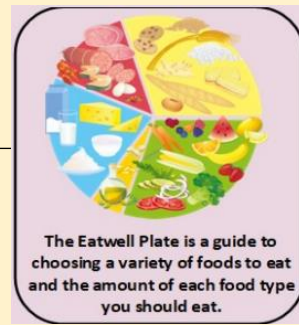
Ingredients	Foods that are combined to make a particular dish.
Cereals	Grass such as wheat, barley and rice. The grain from these crops are used for food.
Sensory evaluation	Testing of foods based on senses: appearance, smell, taste, texture.
Flavour	The sensations detected by the tongue which, with smell and texture, give food its taste.



Knowledge

A cereal bar is a snack that has been made up of breakfast cereal and made into a bar shape. Other ingredients are added such as fruit, nuts and chocolate.

A healthy diet provides all the nutrients needed for a healthy life.



Skills

Research: Carry out sensory food testing of existing using some sensory vocabulary. Record the evaluations using simple tables.

Design: Generate ideas based on sensory food testing and talking with peers and adults to develop ideas for your own design. Choose ingredients based on testing, internet research and the eat well plate to make the design fit the purpose of being healthy.

Recipe Seasonal	A list of ingredients and instructions for making a food dish. Food that is harvested during a particular time of the year.
------------------------	--

Practical knowledge:

Hygiene	The practice of keeping clean to stay healthy and prevent disease.
----------------	--



Make: Select and use appropriate utensils and equipment to measure, prepare and combine ingredients. Follow health and safety and hygiene rules

Evaluate: Evaluate the final product to see if it meets the design brief. Use sensory evaluation and the views of others to suggest any changes you might make.