

Ashtree Primary School and Nursery Medium Term Plan for DT

Year 3 – Food and Nutrition – Italian food

Key Vocabulary

measure, mix, snip, cut, grate, peel, stir, combine, rub, beat, drain, crush, weigh, drain, need

Prior Knowledge

Skills: It is important that they understand that we need certain skills and techniques to be able to make food products. Measure or weigh using measuring cups or electronic scales. Measure liquids. Combine liquid and dry ingredients. **Knowledge:** Explore recipes and ingredients to identify likes and dislikes. Suggest improvements to existing recipes. Explore where ingredients come from. Know that all food comes from plants or animals. That food has to be farmed, grown elsewhere (e.g. home) or caught

Year 3

Skills: Accurately measure using a measuring jug. Use both digital and analogue scales. Snip with greater dexterity and control. Placing the cutter in positions to make good of the food available and avoid waste. Use the claw grip to cut harder foods using a serrated vegetable knife. Crush garlic using a garlic press.

Knowledge: taught what a balanced diet is, begin to understand the nutrients in food that keep the body healthy and active, know how to use the eatwell guide, understand the value of eating sociably with others and understand how to keep hydrated

KS2 Design and Technology National Curriculum

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Design and Evaluate

- To understand that food can be grown or come from animals.
- To know that some foods can only be eaten safely when cooked.
- To know the basic reasons for food hygiene.
- To understand and demonstrate different cooking skills (In preparation for making pasta and the sauce/side salad, explain to children that we are going to have a skills based lesson focussing on grating, juicing, peeling and cutting). -try different pasta - taste test.
- To design my pasta and sauce (who am I making it for? Why am I making it - what is the brief?)
- To make pasta and prepare my sauce. Evaluate.

Curriculum Enhancements and Designers

Are there any families who have Italian decent and can come in and make some. Any local restaurants who chef's would like to help.

<https://www.bbcgoodfood.com/videos/techniques/how-make-pasta-video> - explains how to make pasta using different methods.

- Use different food to change the colour of the pasta e.g. spinach for green.
Q: does adding a new ingredient change the taste or just the colour?
- Does the shape of the pasta change the taste? Why does pasta come in different shapes?

<https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-ks2--ks3-the-story-behind-spaghetti-bolognese/zj3py9q> - all about the secret life of spaghetti bolognaise

Misconceptions

Explain that pasta is a type of 'starchy food'. Give an example of a starchy food that could be eaten for each meal occasion to help the children understand what is meant by 'starchy' food, e.g. toast for breakfast, a baked potato for lunch, pasta as part of an evening meal. Ask the children to give an example of a starchy food they have eaten recently and what else was included in the meal.

Question children to see if they know what main ingredients are used to make pasta (flour, water and sometimes eggs) and where these come from (flour from wheat and eggs from chickens).

Suggested Activities

What is your favourite pasta dish/pasta - fb question?

Children can compare dried and fresh pasta. They can take home their 'school' made fresh pasta and sauce to eat at home.

Grow your own kitchen herbs - basil, parsley etc. Do they grow better in water or soil?

Children could make a side salad which show cases their skills

Curriculum links

- ❖ Science:
- ❖ PSHE:
- ❖ Maths: measuring
- ❖ English: reading and writing instructions
- ❖ Citizenship - learning about other cultures
- ❖ History - Romans

This will lead children..

To prepare a range a range of vegetables.

Make hand made pasta

Understand where their food comes from and how to prepare it.

Know how to use the Eatwell plate