

YEAR 3 DESIGN TECHNOLOGY

FOOD & NUTRITION

STICKY KNOWLEDGE

The principles of a healthy and varied diet tell us that we need to eat from each type of food group.

A healthy diet is made up of a variety and balance of different foods and drinks.

We should eat more of some food groups than others.

To be active and healthy, nutritious food and drink are needed to provide energy for the body.

Each of the food groups provide us with different things:

Proteins work on growth and repair.

Carbohydrates give us energy.

Fats and sugars also give us energy but do not provide much nutrition.

Dairy provides us with calcium which is good for the growth of healthy, strong bones and teeth.

Fruit and vegetables give us vitamins which we need to keep our bodies healthy.

FAMOUS PERSON

Ghalia Mahmoud is an Egyptian chef who produces meals that are simple, affordable and cost under \$4 a day. Living a lifetime with limited resources,

Ghalia believes that the secret of preparing a delicious meal lies in the method of cooking it and not necessarily in the ingredients used. “What matters in Egyptian cuisine is nafas (breath), or the spirit one puts into the cooking. If you’re good on the inside, the food will be tasty.”



KEY VOCABULARY

DESIGN

Diet: the food and drink that we consume

Healthy: foods which are good for the body

Nutrition: the food necessary for health and growth

Energy: the fuel for our body

Eatwell guide: the visual representation of how different foods and drinks contribute to a healthy and balanced diet

Recipe: a set of ingredients and instructions for preparing a particular dish

Ingredients: the foods combined to make a particular dish

MAKE

Cooking utensils: equipment used for cooking

Boil: cooking food in boiling water

Simmer: cooking food in water just below boiling point

Hygienic: the practice of keeping equipment clean to prevent the spread of germs

Chopping: cut into smaller pieces or chunks

Slicing: cut into thin, uniform pieces

Peeling: remove the skin or rind

Crusher: crushes food into smaller pieces/ a paste

Knife: sharp instrument used for chopping, cutting, slicing

Peeler: used to remove the skin from fruit/ vegetables

Blender: used to blend/ liquidise ingredients

Masher: reduces a food to a soft substance by crushing it

FOOD & NUTRITION

EVALUATE

Appearance: the way the final product looks

Taste: the flavours of the final product

Texture: how the food feels when being eaten

Aroma: the smell of the final product

Health value: how healthy the final product is