Year 3/4: Food-Healthy and varied diet

Subject Specific Vocabulary		Prior Learning Y1/2	Sticky Knowledge
processed food	ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking. Useful	Know some ways to prepare ingredients safely and hygienically. Have some basic knowledge and understanding about healthy eating and The eatwell plate. Have used some equipment and utensils and prepared and combined ingredients to make a product.	• The base ingredients for soup include: onions, stock and potato. • Use a base recipe to create their own in consultation with others. • Know how to cut food using a bridge. • Know how to use appropriate equipment and utensils to prepare and combine food. • Know about a range of fresh and processed ingredients appropriate for their product, and whether they are grown, reared or caught. • Know and use relevant technical and sensory vocabulary appropriately. • Evaluate the ongoing work and the final product with reference to the design criteria and the views of others. • Know how to make sure that the food they prepare is safe to eat.
texture	how the product feels in the mouth.	**Future Learning Y5/6**	
sensory evaluation	evaluating food products in terms of the taste, smell, texture and appearance.	Explore a range of initial ideas, and make design decisions to develop a final product linked to user and purpose. Select and use appropriate utensils and equipment accurately to measure and combine appropriate ingredients. Understand how key chefs have influenced eating habits to promote varied and healthy diets. Know how to use utensils and equipment including heat sources to prepare and cook food.	
preference test	trying different foods and deciding which you like best.		
appearance	how the food looks to the eye		
herbs and spices	an aromatic or pungent vegetable substance used to flavour food		
seasoning	a substance, especially salt or pepper, that is added to food to improve its flavour		
base recipe	common recipe that can be adjusted with different flavourings to suit the user		

Soup

Skills and techniques

Grating cheese

Spreading butter on bread

Cutting using the bridge technique

Cutting using the claw technique