

Knowledge Organiser Design & Technology Year 3 Summer

Cooking and Nutrition - Eating Seasonally



St Elizabeth's Catholic Primary School
 "Love one another as I have loved you"

Climate	The weather and temperature in each country in the world, depends on which climate group that country is located. There are five climate groups: polar, temperate, dry, tropical and mediterranean.
Dry climate	Less than 250mm of rain, fog, sleet or snow in total across a whole year.
Exported	When products or produce, such as fruit and vegetables, are sent to another country.
Imported	When products or produce, such as fruit and vegetables, are brought into a country.
Mediterranean climate	Hot dry summers and cooler wetter winters.
Nationality	Belonging to a particular country (e.g. a person with Italian nationality comes from Italy).
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Polar climate	Long periods of extreme cold.
Recipe	A set of instructions for making or preparing a food item or dish.
Seasonal food	Food that can be harvested and is ready to eat in a particular season.
Seasons	The seasons of the year are spring, summer, autumn and winter.
Temperate climate	Mild temperatures, where the summers are not too hot and the winters are not too cold.
Tropical climate	High temperatures and a lot of rain. This is where you will find the world's rainforests.

Design → Make → Evaluate

Knowledge and skills covered in this topic

- Children will know that climate affects food growth.
- Children will know that not all fruit and vegetables can be grown in the UK and that many are grown worldwide.
- Children will know that different climates enable different fruits and vegetables to grow.
- Children will know that imported foods will have travelled from far away and that this has an impact on the environment.
- Children will know which seasons are best for growing different fruits and vegetables.
- Children will know how to create a healthy recipe that includes seasonal produce.
- Children will know that there are nutritional benefits of fruits and vegetables.
- Children will know how to prepare their cooking space.
- Children will know basic rules of food contamination.
- Children will know how to use, clean and store a knife properly.

Prior knowledge

Year 1: Differentiating between fruits and vegetables by understanding where and how they grow. Using a safe method to cut fruit and vegetables.

Year 2: Understanding the health benefits of foods. Knowing where to find nutritional information on a packet.

