

Knowledge Organiser Design & Technology Year 3 Spring

Cooking and Nutrition - Eating Seasonally



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

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| 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.

