

Year Groups  
**Years 3**

Aspect of D&T  
**Food**  
  
Focus  
**Healthy and varied diet**

**What could children design, make and evaluate?**  
sandwiches wraps rolls pitta pockets  
blinis rice cakes toasties snack bar  
salad snacks other – specify

**Intended users**  
themselves older children younger children  
parents grandparents friends family visitors  
other – specify

**Project title**  
Design, make and evaluate a \_\_\_\_\_ (product) for \_\_\_\_\_ (user) for \_\_\_\_\_ (purpose).

**Purpose of products**  
celebration picnic lunch boxes sports day  
religious festival off-site visits healthy living  
other – specify

**Health and safety**  
Pupils should be taught to work safely and hygienically, using tools, equipment, techniques and ingredients appropriate to the task. Prior to undertaking this project risk assessments should be carried out, including identifying whether there are children who are not permitted to taste or handle any food ingredients or products.

**Possible resources**  
information about foods from around the world, basic recipes  
  
range of relevant example foods to taste and evaluate  
  
suitable equipment and utensils such as: knives, chopping board, weighing scales, measuring jugs, bowls, baking trays, spoons – various sizes, parchment paper, plastic film

**Key vocabulary**  
name of products, names of equipment, utensils, techniques and ingredients  
  
texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury  
  
hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet  
  
planning, design criteria, purpose, user, annotated sketch, sensory evaluations

**Key learning in design and technology**  
**Prior learning**  
• 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.  
  
**Designing**  
• Generate and clarify ideas through discussion with peers and adults to develop design criteria including appearance, taste, texture and aroma for an appealing product for a particular user and purpose.  
• Use annotated sketches and appropriate information and communication technology, such as web-based recipes, to develop and communicate ideas.  
  
**Making**  
• Plan the main stages of a recipe, listing ingredients, utensils and equipment.  
• Select and use appropriate utensils and equipment to prepare and combine ingredients.  
• Select from a range of ingredients to make appropriate food products, thinking about sensory characteristics.  
  
**Evaluating**  
• Carry out sensory evaluations of a variety of ingredients and products. Record the evaluations using e.g. tables and simple graphs.  
• Evaluate the ongoing work and the final product with reference to the design criteria and the views of others.  
  
**Technical knowledge and understanding**  
• 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.

**Investigative and Evaluative Activities (IEAs)**  
• Children investigate a range of food products e.g. the content of their lunchboxes over a week, a selection of foods provided for them, food from a visit to a local shop. Link to the principles of a varied and healthy diet using *The eatwell plate* e.g. *What ingredients have been used? Which food groups do they belong to? What substances are used in the products e.g. nutrients, water and fibre?*  
• Carry out sensory evaluations on the contents of the food from e.g. a variety of bought food products such as a range of wraps or sandwiches. Record results, for example using a table. Use appropriate words to describe the taste/smell/texture/appearance e.g. *How do the sensory characteristics affect your liking for the food?*  
• Gather information about existing products available relating to your product. Visit a local supermarket and/or use the internet.  
• Find out how a variety of ingredients used in products are grown and harvested, reared, caught and processed e.g. *Where and when are the ingredients grown? Where do different meats/fish/cheese/eggs come from? How and why are they processed?*

**Focused Tasks (FTs)**  
• Learn to select and use a range of utensils and use a range of techniques as appropriate to prepare ingredients hygienically including the bridge and claw technique, grating, peeling, chopping, slicing, mixing, spreading, kneading and baking.  
• Food preparation and cooking techniques could be practised by making a food product using an existing recipe.  
• Discuss basic food hygiene practices when handling food including the importance of following instructions to control risk e.g. *What should we do before we work with food? Why is following instructions important?*

**14. Design, Make and Evaluate Assignment (DMEA)**  
• Discuss the purpose of the products that the children will be designing, making and evaluating and who the products will be for.  
• Develop and agree on design criteria with the children within a context that is authentic and meaningful. This can include criteria relating to healthy eating and a varied diet e.g. *What do you need to consider to make it part of a balanced diet? How do we select the ingredients? How could we make it appealing to eat?*  
• Ask children to generate a range of ideas encouraging realistic responses.  
• Using discussion, annotated sketches and information and communication technology if appropriate, ask the children to develop and communicate their ideas.  
• Ask children to consider the main stages in making the food product, before preparing/cooking the product including the ingredients and utensils they will need.  
• Evaluate as the assignment proceeds and the final product against the intended purpose and user, reflecting on the design criteria previously agreed. Consider what others think of the product when considering how the work might be improved.

**Related learning in other subjects**  
• **Mathematics and computing** – making use of mathematical and computing skills to present results of sensory evaluations graphically.  
• **Spoken language** – developing relevant vocabulary e.g. sensory descriptors. Ask relevant questions to extend their knowledge.  
• **Science** – using and developing skills of observing and questioning. Humans get nutrition from what they eat. Discuss changes of state if heat is used.

**Related learning in other subjects**  
• **Mathematics** – mass kg/g.  
• **Spoken language** – developing relevant technical vocabulary e.g. names of utensils and techniques. Ask relevant questions to extend their knowledge.

**Related learning in other subjects**  
• **Mathematics** – mass kg/g.  
• **Art and Design** – using and developing drawing skills.  
• **Writing** – new vocabulary. Use non-fiction texts such as description, explanation and instructions e.g. recipes. Organise their work using e.g. headings, subheadings.  
• **Spoken language** – consider and evaluate different viewpoints. Use discussion to develop understanding through exploring ideas.

<b>Cultural Capital</b>	
Visits and visitors Nutritionist Mrs Leyton	Experiences and events. Project outcomes
Links <a href="http://archive.foodafactoflife.org.uk/index.aspx">http://archive.foodafactoflife.org.uk/index.aspx</a> <a href="https://www.data.org.uk/resource-shop/primary/7-to-9-years/?o=#pager">https://www.data.org.uk/resource-shop/primary/7-to-9-years/?o=#pager</a> <a href="https://www.data.org.uk/resource-shop/primary/7-to-9-years/dips-and-dippers-yr3/">https://www.data.org.uk/resource-shop/primary/7-to-9-years/dips-and-dippers-yr3/</a> <a href="https://www.data.org.uk/resource-shop/primary/7-to-9-years/sandwich-snacks/">https://www.data.org.uk/resource-shop/primary/7-to-9-years/sandwich-snacks/</a> <a href="https://www.data.org.uk/resource-shop/primary/7-to-9-years/sandwich-snacks/">https://www.data.org.uk/resource-shop/primary/7-to-9-years/sandwich-snacks/</a>	
Community events and links Christmas fair Cake sales	Global issues Send of cow Food banks
Famous People Jamie Oliver Joe Wicks	Life Skills Making links Cooking skills