



Year 3 From Caestelesham to Chesham Summer DT Knowledge Organiser 2023

Knowledge

Skills

Vocabulary

Knowledge Progression

What are British seasonal foods?

What are Spanish seasonal foods and why are they different to British ones?

How do we prepare and make a pippiranna (Spanish salad) with pan basico (bread)?

Evaluation of our salad and bread.

Design Criteria and Evaluation

Design and make a healthy, savoury dishes, based around the seasonal foods associated with one of the three twin towns of Chesham. Friedrichsdorf in Germany, Houilles in France and Archena in Spain. Focus on Archena and creating a seasonal dish.

Explore recipes, follow to make a dish and perform taste tests and evaluations.

Design and Technology Vocabulary

Season, seasonality, ingredients, recipe, process, preparation, utensil, equipment, hygiene, flavour, sweet, savoury, safety, techniques, measuring, taste, texture, grill, bake, fry, method,

Design and Technology Enquiry

Where do different foods grow around the world? Why is this? What does seasonal mean when we are talking about food? Where does food come from in our supermarkets and how can we quickly identify this from the packaging? What is the difference between sweet and savoury food? Why do we need to follow a recipe to make a meal? How do we know if something is healthy or unhealthy?

Curriculum Coverage

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Skills Progression

Select tools and techniques

Work safely and accurately

Demonstrate hygienic food preparation and storage

Evaluate the processes and final product



WHAT'S IN SEASON WHEN?			
SPRING	SUMMER	AUTUMN	WINTER
ASPARAGUS	BEETROOT	APPLES	APPLES
CARROTS	BLUEBERRIES	BLACKBERRIES	BRUSSELS SPROUTS
CELERIAC	BROAD BEANS	ELDERBERRIES	CABBAGE
CUCUMBER	CARROTS	MUSHROOMS	CARROTS
CURLY KALE	COURGETTES	POTATOES	CELERIAC
GOOSEBERRIES	CUCUMBER	PLUMS	CURLY KALE
SPROUTING BROCCOLI	POTATOES	PUMPKIN	LEEKs
SPINACH	PLUMS	ROCKET	PARSNIPS
RHUBARB	STRAWBERRIES	SQUASHES	POTATOES
WATERCRESS	TOMATOES	SWEETCORN	SWEDE

