

## Leintwardine Endowed CE Primary School Learning Journey Itinerary

### 'Letting Our Light Shine'

SUBJECT : DT

YEAR : B

TERM : Summer 2

YEAR GROUPS : 3/4

#### Key Question: Can I cook a delicious meal using seasonal ingredients

Previous Knowledge – Know the difference between sweet and savoury, know the difference between fruits and vegetables. Know some of the different nutrients. How to prepare food hygienically. Be able to produce and follow a design to enable them to make a successful product. Be familiar with evaluating their work.

#### END OF UNIT OBJECTIVES

Some children will not yet have met what is expected and will show that they are **emerging** because they can:

- explain what 'seasonal food' is.
- explain why certain foods are available all year round in Britain.
- following guidance, use a variety of techniques to bake cakes safely and hygienically.
- understand that weather and climate affect the food we grow
- explain how fruit may be processed and/or preserved.
- with help, follow instructions for a recipe using seasonal fruit or jam.
- explain why vegetables form an important part of a healthy diet.
- give examples of when some British vegetables are in season.
- with help, prepare a healthy meal using seasonal vegetables.
- name a variety of food products that come from animals.
- list some reasons why some meat is not in season all-year-round.
- prepare a healthy, savoury meal using meat (or a vegetarian alternative).
- list two ways in which fish are caught or reared and processed in Britain.
- list two of the nutrients in fish.
- prepare a healthy, savoury meal using fish or vegetarian alternatives.
- list a reason why some foods are only in season for a short time.
- explain why it is a good thing to eat seasonal food.
- recall and apply some of what I have learned about seasonal food in Britain.

Most children will show that they have reached the **expected** level because they can:

- explain what 'seasonal food' is.
- explain why certain foods are available all year round in Britain and list some seasonal food.
- use a variety of techniques to bake cakes safely and hygienically.
- understand that some seasonal fruits are suited to the climate and weather conditions in Britain.
- explain how fruit may be processed and/or preserved.
- follow instructions for a recipe using seasonal fruit or jam.
- explain why vegetables form an important part of a healthy diet.
- give examples of when some British vegetables are in season.
- prepare a healthy meal using seasonal vegetables.
- name a variety of food products that come from animals.
- list some reasons why some meat is not in season all-year-round.
- prepare a healthy, savoury meal using meat (or a vegetarian alternative).
- list some ways in which fish are caught or reared and processed in Britain.
- list some of the nutrients in fish.
- prepare a healthy, savoury meal using fish or vegetarian alternatives.
- list reasons why some foods are only in season for a short time.
- explain why it is a good thing to eat seasonal food.
- recall and apply what I have learned about seasonal food in Britain.

Some children will have gone beyond the expected level and will show that they are **exceeding** because they can:

- explain what 'seasonal food' is and why food is seasonal.
- explain why certain foods are available all year round in Britain and list food for different times of the year.
- use a variety of techniques to bake cakes safely and hygienically.
- understand that some seasonal fruits are suited to the climate and weather conditions in Britain.
- explain how fruit may be processed and/or preserved and explain why this is a good thing.
- confidently follow instructions for a recipe using seasonal fruit or jam.
- explain why vegetables form an important part of a healthy diet and describe which vegetables have what benefits.
- give examples of when some British vegetables are in season.
- prepare a healthy meal using seasonal vegetables.
- name a variety of food products that come from animals.
- list some reasons why some meat is not in season all-year-round.
- list different seasonal meats and the seasons they are from.
- prepare a healthy, savoury meal using meat (or a vegetarian alternative).
- list some ways in which fish are caught or reared and processed in Britain.
- list different nutrients in fish.
- prepare a healthy, savoury meal using fish or vegetarian alternatives.
- list reasons why some foods are only in season for a short time.
- explain why it is a good thing to eat seasonal food.
- recall and apply what I have learned about seasonal food in Britain confidently.

**ASSESSMENT OPPORTUNITIES:** Class discussions. Work produced on sheets. Meals cooked. Techniques used while preparing and cooking meals.

#### ENRICHMENT OPPORTUNITIES

Helping children to remember more  
Creating a meal with seasonal ingredients vegetables, fish and meat.

#### SUBJECT SPECIFIC VOCABULARY

caught, reared, processed, ingredients, seasonal, fruit, varied, diet, healthy, import, hygienically, recipe, working safely, vitamin, protein, nutrition, food group, refrigerated, harvested

#### CROSS-CURRICULAR LINKS

Links that we can make to help children make sense of what we want them to know and be able to do.