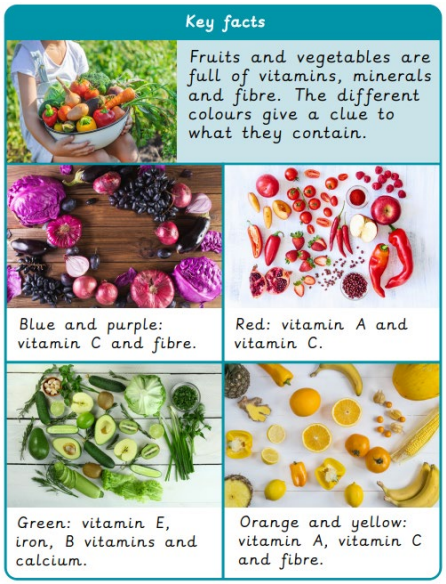
Eating Seasonally

DESIGN AND TECHNOLOGY
Food- Year 3
Autumn Term

Overview

In this unit, children will be designing a recipe for a vegetable soup using nutritional and seasonal vegetables. Children learn that because climate can affect what food we grow in The United Kingdom, many of our fruits and vegetables are imported from different countries. When creating their recipe, children will consider not only the ingredients but the taste, texture, smell and appearance of the dish.

Key Information



When I tasted my product, I found out...

This recipe is part of a healthy, balanced diet because...

To be successful, my product needs to...

Vocabulary

- appearance – the way something looks
- climate – the weather conditions that an area usually has
- complementary – things that go together like colours or flavours
- design – a plan for a recipe or dish
- evaluate – to decide how good something is
- export – food sold to another country
- import – food bought from another country
- ingredients – foods that a recipe is made from
- peel – to remove the skin of fruit or vegetables
- seasonal – food that grows at a certain time of the year
- temperate – a clime with four season like the UK
- texture – the way food feels in your mouth
- weather – the temperature or conditions outside