






Year 3/4: Food-Healthy and varied diet-What does a Mediterranean diet look like?

Subject Specific Vocabulary		Prior Learning Y1/2	Sticky Knowledge
processed food	ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking. Useful	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.	<ul style="list-style-type: none"> • 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. • Evaluate the ongoing work and the final product with reference to the design criteria and the views of others. • Know how to make sure that the food they prepare is safe to eat. • Know some popular ingredients in a Mediterranean diet. • Explain why this diet is considered to be healthy. • List some regional differences in diet.
texture	how the product feels in the mouth.	Future Learning Y5/6	
sensory evaluation	evaluating food products in terms of the taste, smell, texture and appearance.	<p>Explore a range of initial ideas, and make design decisions to develop a final product linked to user and purpose. Select and use appropriate utensils and equipment accurately to measure and combine appropriate ingredients. Understand how key chefs have influenced eating habits to promote varied and healthy diets. Know how to use utensils and equipment including heat sources to prepare and cook food.</p> <h2 style="text-align: center;">Mediterranean Banquet</h2> 	
preference test	trying different foods and deciding which you like best.		
Mediterranean diet	a type of diet traditional in Mediterranean countries, characterized especially by a high consumption of vegetables and olive oil and moderate consumption of protein, and thought to confer health benefits.		
budget	amount of money you have to work with on a project.		
food allergies	where a body's immune system reacts to a particular food.		
			<p>Skills and techniques</p>  <p>Grating cheese</p>  <p>Spreading butter on bread</p>  <p>Cutting using the bridge technique</p>  <p>Cutting using the claw technique</p>