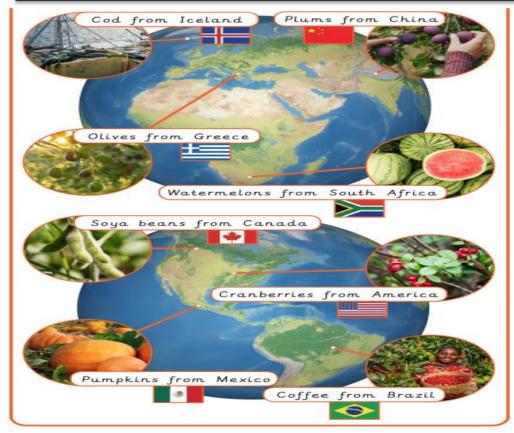
Year 3 Design and Technology Knowledge Organiser Autumn 2

Cooking: Eating seasonally





	Key Vocabulary
Seasonal food	Foods that can be harvested and is ready to eat in a particular season
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Imported	When products, such as fruit and vegetables, are bought into a country.
Exported	When products, such as fruit and vegetables, are sent to another country.
Climate	The weather and temperature in each country in the world.

Knowledge Where in the world? Fruits and vegetables are grown in a variety of countries. Countries have different climates depending on where they are in the world. British seasonal foods Eating seasonally is important as it reduces negative effects on the environment and also supports local farmers. Creating a recipe Fruits and vegetables are good for us as they contain vitamins and minerals You can tell the specific benefits that certain fruits. and vegetables provide by looking at their colour. Preparing foods • It is important to use the 'claw' and 'bridge' grip to cut It is important to wash fruit and vegetables in case they still have mud on them. Cooking • It is important to wash your hands and surfaces before you touch any food to get rid of germs and dirt Adult supervision is needed when using hot appliances. Evaluatina Evaluating is saying what we like and can improve about a product.



