



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Faye Cooke Year group: 3 Term: Autumn 2 Subject: Design & Technology - Cooking & Nutrition

Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	To cook using British ingredients available all year round.	Plan Bee - Lesson 1 Seasonal Foods Children will learn why certain British foods are seasonal, and consider some pros and cons of foods from other parts of the world being available all year round. They may then either cook, or learn more about the process of wheat production.	Safely, hygienically, technique, seasonal, pros, cons, availability.
2	Know how seasonal fruits in Britain are grown and produced	Plan Bee - Lesson 2 Seasonal Foods Children will learn how and when a variety of fruits are produced in Britain, including how farming methods are used to slow down or speed up the ripening process. They may then either cook, or visit a pick your own fruit farm.	Variety, ripening,
3	To understand why vegetables form an important part of a varied and healthy diet.	Plan Bee - Lesson 3 Seasonal Foods Children will learn about a variety of vegetables grown in Britain, when they are in season, and why they are important in a healthy diet. They may then either cook, or create a seasonal food collage.	Healthy diet, seasonal

4	To find out about how seasonally produced meat can form part of a healthy diet.	Plan Bee - Lesson 4 Seasonal Foods Children will learn about the nutritional value of meat, eggs and dairy products, as well as discover why some meats are seasonal and some are available all year round. They may then either cook, or try tasting and describing a range of vegetarian foods.	Nutrition, nutritional,
5	To know how fish are caught or reared, processed and used in healthy meals.	Plan Bee - Lesson 5 Seasonal Foods Children will learn about how, where and when fish is farmed or caught in Britain, consider some issues associated with fishing, and learn about quality assurance marks on the fish we buy. They may then either cook, or create an information text about eating less fish to combat overfishing.	Savoury, vegetarian
6	To show what you have learned about eating seasonal food as part of a healthy, varied diet.	Plan Bee - Lesson 6 Seasonal Foods Children will learn about some unusual foods that are only in season for a brief period each year. They will then reflect on their prior learning, showing what they have understood through a variety of games and writing activities.	