








Year 3 - Design and Technology - Food Technology - Balanced Wraps

What should I already know?	What am I going to learn in this unit?	Vocabulary I need to know	
<p>National Curriculum Key Stage 1:</p> <ul style="list-style-type: none"> Use the basic principles of a healthy and varied diet to prepare dishes. Understand where food comes from. 	<ul style="list-style-type: none"> I can explain what Healthy and Unhealthy means and give examples of snacks for each. I can explain what a balanced meal is. I can create ingredients lists and recipes for a healthy wrap. I can explain why my chosen ingredients are healthy. I can prepare my cooking area so it is clean and not contaminated. I can prepare myself to ensure I am ready to cook safely. I can accurately measure food when needed. I can wash, grate, slice or chop vegetables safely. I can chop safely using a chopping board and bridge arch chop. I can edit and improve my recipe as I prepare my wrap. I can evaluate my wrap using different criteria. 	<p>Balanced diet</p> 	<p>Making sure we eat more of the links that are good for us and less of the things that aren't.</p>
		<p>Contamination</p> 	<p>When something that shouldn't be there is mixed in with food.</p>
		<p>Ingredients</p> 	<p>The different food you need to make something like a meal or to bake bread.</p>
		<p>Recipe</p> 	<p>The list and instructions to help you make different foods and meals.</p>
		<p>Bridge arch for chopping</p> 	<p>How you could the food while you chop to keep your hands safe.</p>
		<p>Evaluate</p> 	<p>When you look at a product and decide what was good about it and what you would make better next time.</p>
		<p>5 Senses</p> 	<p>Sight Touch Taste Smell Sound</p>