

Medium Term Plan – Design Technology – Year 3 – Global food



Teachers must use in conjunction with Design Technology Progression document (Prior Knowledge and Skills).

Lesson	National Curriculum links	Objective	Substantive knowledge	Disciplinary knowledge	Specific Vocabulary	Activities and resources
1/6	Understand seasonality, and know where and how a variety of ingredients are grown in the context of looking at where a variety of ingredients come from	To know where in the world ingredients come from.	Name a variety of ingredients from different places. Identify on a map places where different ingredients flourish. Know how an ingredient might be prepared and used	To be aware that foods come from around the world	Ingredient, climate, taste, prepare, sensory, world, global, flourish	Use the world map show children some of the places in the world where the ingredients flourish. Explain that around the world people use different ingredients in their cooking and that these help to make up a healthy and varied diet.
2/6	Understand and apply the principles of a healthy and varied diet in the context of understanding how diets are varied around the world but still consist of the same food groups.	To explain that diets around the world are based on similar food groups.	Revise the different food groups on the eatwell plate. Explain similarities between different types of food eaten around the world and say why this is important.	Place varied foods eaten around the world into the correct food groups	Diet, food groups, eatwell plate, protein, dairy, carbohydrates, starchy fruit, fat, vegetables.	Look at the types of foods eaten by different people around the world that makes up their diet. children will be given a selection of different foods from around the world. Children will work in pairs. They will create their own large eatwell plate
3/6	Understand and apply the principles of a healthy and varied diet in the context of understanding the nutritional benefits of eating rice. Prepare and cook a variety of predominantly savoury dishes using a	To understand why rice is a good staple food. To cook rice.	understand nutritional benefits of rice. Explain where rice belongs on the eatwell plate. Use a hob as a heat source to cook rice.	Follow a recipe to measure ingredients accurately. Be aware of the importance of correct storage	Rice, boil, hob, heat source, recipe, staple, storage, handling, nutritional,	In groups children will cook and sample rice.

	range of cooking techniques in the context of cooking rice.			and heating of cooked rice.		
4/6	Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of preparing and cooking Mexican food	To demonstrate a range of food skills and techniques	Grate and dice food. Use some more advanced food skills and techniques, such as frying. Accurately follow a recipe.	Safely cook a snack	Mexican, skills, techniques, basic, fry, grate, dice, chop, slice, hygiene, salsa, guacamole, quesadillas.	Make salsa and guacamole following the recipes. Make quesadillas
5/6	Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of preparing and cooking Chinese food	To demonstrate a range of food skills and techniques	Use basic food skills – cracking an egg, peeling and shredding. Follow a recipe	Safely cook a snack	Chinese, Crack, bake, peel	Make spring rolls and a dipping sauce following the recipes.
6/6	Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques in the context of preparing and cooking German food	To demonstrate a range of food skills and techniques	Set up a neat and orderly cooking area. Accurately follow each step of a recipe. Use different cooking techniques.	Assess ability to follow a recipe and use different cooking techniques.	Pretzel, knead, bake, recipe, equipment, ingredients, technique.	Make pretzels following the recipes.