

What I already know...

The importance of food hygiene

Following a recipe accurately

Safety when chopping

That designs inform the final product

Measuring ingredients to create final product

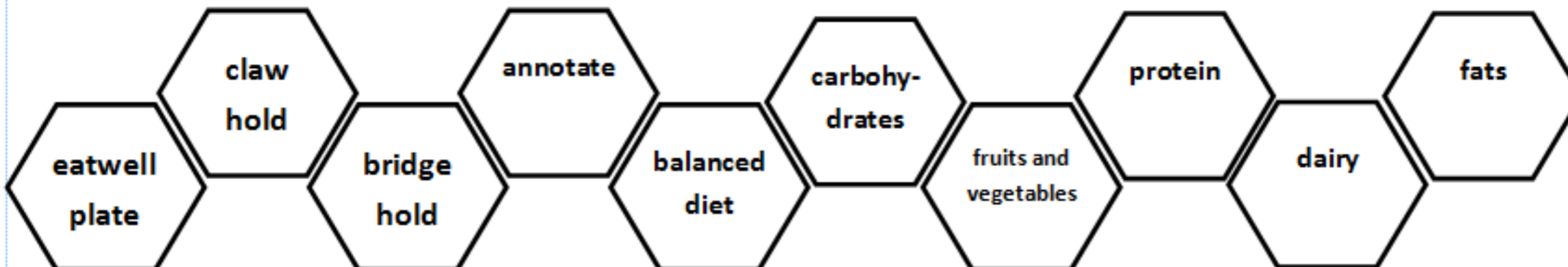
# Come Dine with Me



I will learn...

- ⇒ About the Eatwell plate
- ⇒ What a well-balanced diet looks like, including the food groups
- ⇒ How to design for a target market
- ⇒ How to chop, using specific holds
- ⇒ How to mix so that the ingredients are combined smoothly

**Key Vocabulary**



Reflect on research to create an appealing and healthy breakfast

# Year 3 half termly topic overview—Autumn 1

## Topic: Come dine with me

This topic will give the children the chance to become chefs. They will learn about nutrition and cooking along with a healthy and active lifestyle. They will finish by delivering a breakfast party for adults who help them at school.

**HOOK:** Children invited to a 'Come Dine With Me' breakfast experience.

**OUTCOME:** Children plan, create and deliver their own breakfast experience for adults.

### Applied Literacy:

Instructions—masterpiece about their prepared meal.

Letter—invitation to the dinner party.

### Applied Mathematics:

Weight—Weighing ingredients when preparing the food.

### Pupil Premium Provision:

Aspirational talk and demonstration from a chef. What skills are needed? Recipe book to take home and use.

## Driving Subject(s): DT

-Chn will understand and apply the principles of a healthy and varied diet

-cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

-develop the skills of chopping, mixing and grating

**Science**—Children will explore the different groups of food and learn about the Eatwell plate. They will understand the importance of good nutrition.

-Make reasoned predictions about the effects of sugar on teeth

## Curriculum Links:

**PE**—fitness—looking at exercise and how to improve fitness levels through circuit training.

**PSHE** -health—how to lead a healthy lifestyle.

**Science**—Types of teeth and the structure of a tooth

## SMSC:

**Society**—looking at the school community and saying thank you to those that help them.

**Cultural**—different types of food (holiday homework).

## Community links/Enterprise/Experiences:

**Visitor**—someone from the industry to talk about being a chef.

**Professional sportsman** to talk about healthy lifestyle.

**Enterprise**—planning and delivering their own meal.