

DESIGN AND TECHNOLOGY



Year 3

Cooking and Nutrition

Design Brief: To design, make and evaluate a healthy sandwich for your lunchbox.

End Point Knowledge and Skills – INVESTIGATE

- Generate ideas by researching and evaluating a range of existing sandwich products
- Evaluate ingredients using technical and sensory vocabulary

End Point Knowledge and Skills – DESIGN

- Select ingredients using the Eatwell plate as a guide when selecting ingredients which contribute to a healthy and balanced diet
- List the equipment needed to prepare the sandwich
- Formulate step-by-step plans

End Point Knowledge and Skills – MAKE

- Understand of follow basic food hygiene practices when handling food.
- Use a range of utensils and apply cutting techniques to safely prepare the ingredients needed

End Point Knowledge and Skills – EVALUATE

- Compare the final product to the original design specification.
- Suggest changes to improve the product further

Technical Knowledge and Understanding

- Know how to use appropriate equipment and utensils to prepare and combine food.
- Know about a range of fresh and processed ingredients appropriate for their product and whether they are grown, reared or caught.
- Know and use relevant technical and sensory vocabulary appropriately.

Key Vocabulary

Appearance – how the food looks to the eye

Texture – how the product feels in the mouth

Sensory evaluation – evaluation food products in terms of the taste, smell, texture and appearance

Preference test – trying different foods and deciding which you like best

Processed food – ingredient that have been changed in some way to enable them to be eaten or used in food preparation and cooking.



Wraps



Pitta bread sandwich



Sandwich



Grating cheese



Spreading butter on bread



Cutting using the bridge technique



Cutting using the claw technique