

# Seasonal Foods : Design & Technology : Year 3/4

	Learning Objective	Overview	Assessment Questions	Resources
<b>Lesson 1</b>	To cook using British ingredients available all year round.	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.	<ul style="list-style-type: none"> <li>Do children know what 'seasonal food' is?</li> <li>Do children know why certain foods are available all year round in Britain?</li> <li>Can children use a variety of techniques to bake cakes safely and hygienically?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Cooking Safely A/B</li> <li>Fairy Cake Recipe 1A</li> <li>Growing Wheat 1A</li> <li>Flow Diagram 1A</li> </ul> <p>PLUS: Ingredients and equipment listed in recipe.</p>
<b>Lesson 2</b>	To know how seasonal fruits in Britain are grown and processed.	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.	<ul style="list-style-type: none"> <li>Do children understand that some seasonal fruits are suited to the climate and weather conditions in Britain?</li> <li>Do children know how fruit may be processed and/or preserved?</li> <li>Can children follow instructions for a recipe using seasonal fruit or jam?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Food Calendar A/B/C/D/E</li> <li>Fruit Tarts Recipe 2A</li> <li>Cooking Safely</li> <li>Writing/Drawing Frames</li> </ul> <p>PLUS: Ingredients and equipment listed in recipe.</p>
<b>Lesson 3</b>	To understand why vegetables form an important part of a healthy and varied diet.	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.	<ul style="list-style-type: none"> <li>Do children know why vegetables form an important part of a healthy diet?</li> <li>Do children know when some British vegetables are in season?</li> <li>Can children prepare a healthy meal using seasonal vegetables?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Cooking Safely</li> <li>Stuffed Peppers Recipe 3A</li> <li>Food Calendar</li> <li>Cooking Skills Cards</li> </ul> <p>PLUS: Ingredients and equipment listed in recipe.</p>
<b>Lesson 4</b>	To find out about how seasonally produced meat can form part of a healthy diet.	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.	<ul style="list-style-type: none"> <li>Can children name a variety of food products that come from animals?</li> <li>Do children know some reasons why some meat is not in season all-year-round?</li> <li>Can children prepare a healthy, savoury meal using meat (or a vegetarian alternative)?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Food Calendar</li> <li>Meatballs Recipe</li> <li>Cooking Safely A/B</li> <li>Cooking Skills Cards</li> <li>Vegetarian Foods 4A</li> </ul> <p>PLUS: Ingredients and equipment listed in recipe.</p>
<b>Lesson 5</b>	To know how fish are caught or reared, processed and used in healthy meals.	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.	<ul style="list-style-type: none"> <li>Do children know some ways in which fish are caught or reared and processed in Britain?</li> <li>Do children know some of the nutrients in fish?</li> <li>Can children prepare a healthy, savoury meal using fish or vegetarian alternatives?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Cooking Safely</li> <li>Food Calendar</li> <li>Challenge Card 5A</li> <li>Recipe Sheet 5A</li> <li>Fish-Free Fridays 5A</li> <li>Writing/Drawing Frames</li> </ul> <p>PLUS: Ingredients and equipment listed in recipe.</p>
<b>Lesson 6</b>	To show what you have learned about eating seasonal food as part of a healthy, varied diet.	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.	<ul style="list-style-type: none"> <li>Do children know some reasons why some foods are only in season for a short time?</li> <li>Can children explain why it is a good thing to eat seasonal food?</li> <li>Can children recall and apply what they have learned about seasonal food in Britain?</li> </ul>	<ul style="list-style-type: none"> <li>Slides</li> <li>Food Calendar</li> <li>Worksheet 6A/6B/6C</li> <li>Writing/Drawing Frames</li> <li>Seasonal Food Game</li> </ul>