

Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'



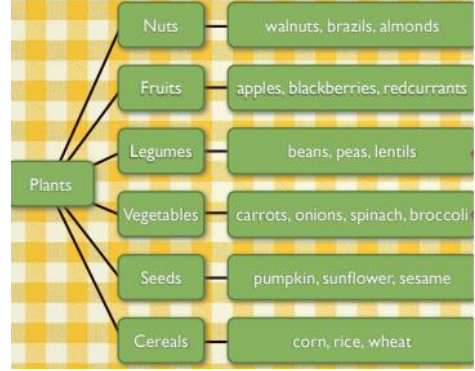
SUBJECT : DT

YEAR : B

TERM : Summer 2

YEAR GROUPS : 3/4

Key Question: Can I cook a delicious meal using seasonal ingredients?

Question	Vocabulary to Use	Information which will help me	Can I....?
What are British ingredients which are available all year round?	caught, reared, processed, ingredients, seasonal, fruit, varied, diet, healthy,	<p>Beef is rich in iron, which is used in our body in lots of different ways. It also contains protein, which our bodies need to build and repair muscles.</p> <p>Fishing with nets can damage the sea bed. Lots of animals live on the sea bed. When the nets are dragged along, their habitat is damaged.</p> <p>Fresh water fish such as trout and salmon are caught in rivers, lakes and streams around Britain. Lots of fish are farmed, too. The picture on the right is of a trout farm in Scotland. The nets are to stop birds taking the fish!</p>  <p>Milk and cheese are full of calcium, which we need for strong, healthy bones. It also contains some riboflavin and phosphorus, which are helpful for turning food into energy.</p> <p>Food can be grown 'out of season' in greenhouses, where the climate can be controlled</p> <p>Food that is not in season in Britain can be grown in other countries</p> <p>Food grown in other countries is imported to Britain and delivered to supermarkets</p>	<ul style="list-style-type: none"> • explain what 'seasonal food' is? • explain why certain foods are available all year round in Britain? • use a variety of techniques to bake cakes safely and hygienically? • understand that some seasonal fruits are suited to the climate and weather conditions in Britain?
How are seasonal fruits in Britain grown and processed?	import, hygienically, recipe, working safely, vitamin, protein,	<p>Why are vegetables an important part of a healthy and varied diet?</p> <p>How are seasonally produced meats an important part of a healthy diet?</p>	<ul style="list-style-type: none"> • understand that some seasonal fruits are suited to the climate and weather conditions in Britain? • explain how fruit may be processed and/or preserved? • follow instructions for a recipe using seasonal fruit or jam?
Why are vegetables an important part of a healthy and varied diet?	nutrition, food group, refrigerated, harvested	<p>Fruits such as apples and pears can be picked before they are ripe, and stored in huge refrigerated units like this one. Refrigerating fruit and keeping it in boxes out of the sunlight slows down the ripening process. Some fruit can be kept for months like this!</p> <p>Most fruits are harvested during the summer or at the beginning of Autumn. By then they have had enough time to grow. The summer sun helps the fruit ripen.</p>	<ul style="list-style-type: none"> • explain why vegetables form an important part of a healthy diet? • give examples of when some British vegetables are in season? • prepare a healthy meal using seasonal vegetables?
How are seasonally produced meats an important part of a healthy diet?		<p>Food groups</p> 	<ul style="list-style-type: none"> • name a variety of food products that come from animals? • list some reasons why some meat is not in season all-year-round?
Where do we get fish from?		<p>Plants</p> 	<ul style="list-style-type: none"> • list some reasons why some meat is not in season all-year-round? • prepare a healthy, savoury meal using meat (or a vegetarian alternative)?
Can I talk about what I have learnt about eating seasonal food as a part of a healthy, varied diet?		<p>Lots of the fish we eat are caught at sea around the coast of Britain. Some are caught using rods and lines, some with huge nets dragged behind trawlers.</p> <p>Britain is in the Northern hemisphere. When it is summer in Britain, it is winter in the Southern hemisphere.</p> <p>Fruits such as peaches and plums are in season in Britain during the summer months.</p> <p>At the same time, there are very few places in the Southern hemisphere where these fruits are in season because it is winter.</p>	<ul style="list-style-type: none"> • list some ways in which fish are caught or reared and processed in Britain? • list some of the nutrients in fish? • prepare a healthy, savoury meal using fish or vegetarian alternatives? • list reasons why some foods are only in season for a short time? • explain why it is a good thing to eat seasonal food? • recall and apply what I have learned about seasonal food in Britain?