

DT: Food - Eating Seasonally

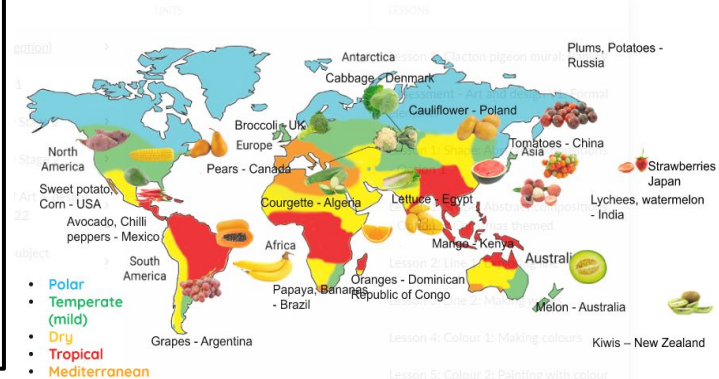


In this unit children will explore and know how climate affects food growth, to understand the advantages of eating seasonal foods grown in the UK, to create a recipe that is healthy and nutritious using seasonal vegetables and to safely follow a recipe when cooking.

Key Points of Learning (RAG at end of each session)

- Explain that fruits and vegetables grow in different countries based on their climates.
- Understand that 'seasonal' fruits and vegetables are those that grow in a given season and taste best then.
- Know that eating seasonal fruit and vegetables has a positive effect on the environment.
- Design their own tart recipe using seasonal ingredients.
- Understand the basic rules of food hygiene and safety.
- Follow the instructions within a recipe.

Climate
Diet
Imported
Ingredients
Natural
Processed
Reared
Recipe
Seasonal
Seasons
Sugar



Lesson 4: Colour 1: Making colours
Lesson 5: Colour 2: Painting with colour