

Year Three Knowledge Organiser: D&T Cooking and Nutrition. What does my body need to be healthy?

National Curriculum Specification

Pupils should be taught to:

- understand and apply principles of a healthy and varied diet.
- prepare and cook a variety of predominately savoury dishes using a range of cooking techniques.
- select and use a variety of ingredients.
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- investigate and analyse a range of existing products.

Key Vocabulary	
Carbohydrates	Sugars and starches. Provide energy for the body.
Cooking techniques	The techniques/skills used in cooking. E.g. peel, chop, grate, spread, mix.
Dairy	Food produced from or containing milk E.g. yogurt, cheese.
Diet	The name for all food that you eat.
Nutrients	Ingredients (in food) essential for life and growth.
Processed food	Food produced can be processed into ingredients that can be eaten or used in cooking.
Proteins	Needed for growth and health of our bodies.
Reared food	Food from animals E.g. cattle, pigs, chickens.
Savoury	Food that is not sweet, more salty or spicy.
Seasonality	How the seasons may affect the food available.
Vitamins	Essential for growth and to keep our bodies healthy.



The Eatwell Guide
Fruit and vegetables
Bread, rice, pasta, potatoes
Fish, meat, eggs, beans, pulses
Dairy and alternatives
Oils and spreads

Key Facts
Food and drink provide energy for the body so we can be active. We need food and drink to stay alive.
We need a variety and balance of food and drinks to stay healthy.
We need to eat foods in the proportions shown by the Eatwell Guide.
People around the world combine different foods and drinks to make meals and snacks.
Fruit and vegetables are a good source of vitamins. We should eat at least 5 portions a day.
A 'portion' means the amount of food that fits in your hand.
It's important to drink plenty of water during the day. Your body is mostly made up of water!

Talking points for home!

Look at some food labels.

What does the traffic light guide tell you?

Why is wholemeal bread better for us than white bread?

