

Year 3: Food Knowledge Mat

Subject Specific Vocabulary

investigate	To look carefully and closely to learn the facts through examining.
function	The purpose or role that an object fulfills.
finish	Finishing touches added to a product's surface to improve its functionality.
annotate	To provide notes that explain what is happening or the components.
adapt	To change or adjust for a particular use.
claw-grip	A mixture of using your palm and fingertips to grip an item.
bridge-hold	To make a bridge shape over an item of food where your fingers should be on one side and your thumb on the other.
nutrition	Providing or obtaining the food necessary for health and growth.
varied	To have many different types of something.
spread	To extend its surface area e.g. spreading butter on bread.

Food Processing Techniques



Spreading butter on bread



Cutting using the claw technique



Cutting using the bridge technique

Final Product



Wraps



Pitta bread sandwich



Sandwich

Important Knowledge about Food

- ☐ I know that not all fruits and vegetables can be grown in the UK as each country has its own climate.
- ☐ I know that imported food will have travelled from far away and has an impact on the environment
- ☐ I can evaluate a range of existing products and say how they contribute to a balanced diet.
- ☐ I can describe the taste, texture and appearance of a range of products.
- ☐ I know how to use a range of techniques to prepare ingredients hygienically and safely including the bridge hold, claw technique and spreading.
- ☐ I can design a purposeful, functional and appealing food product based on a design brief.
- ☐ I can evaluate my product and identify if it met the design brief.