



Knowledge Organiser	Subject: Design and Technology	Topic: Seasonal Food	Year: 3
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<u>Key Knowledge</u> <u>Technical knowledge I have already learnt about seasonal food and nutrition.</u>  There are five food groups: 1. Fruit and vegetables 2. Carbohydrates 3. Dairy 4. Protein 5. Fats and sugars Importance of a balanced diet It is important for children to have a balanced, varied diet to make sure they get all the nutrients and energy their bodies need to grow, work properly, maintain a healthy weight, and feel good. If children don't get all the nutrients they need from their diet, then this could affect their development. What Are Fruit and Vegetables? Fruit and vegetables are foods that come from plants and are planted at different times in the year. We eat them to stay healthy and strong. • Fruit: These are the sweet or juicy parts of a plant. Examples include apples, bananas, and strawberries. • Vegetables: These are the parts of the plant that are not sweet, like carrots, broccoli, and potatoes.	<u>Key Learning</u> What is Seasonal Food? Seasonal food means eating fruits, vegetables, and other foods that are grown at certain times of the year. Just like how we wear different clothes in summer and winter to match the weather, certain foods are picked when they are ripe and ready to eat during different seasons. Why is Seasonal Food Important? Eating seasonal food is important for a few reasons: 1. Freshness: Seasonal foods are fresher because they are picked when they are just right. This means they taste better! 2. Better for the Environment: When we eat food that is in season, it doesn't have to travel long distances. This helps reduce pollution and takes care of our planet. 3. Supports Local Farmers: Buying seasonal food supports farmers in our local area. This helps them grow food and keeps our communities strong. Examples of Seasonal Food Let's look at some examples of foods that are in season during each part of the year: • Spring: Strawberries, asparagus, and radishes are yummy foods that are fresh in spring. • Summer: In summer, we enjoy sweet tomatoes, peas, and juicy watermelons. • Autumn (Fall): Apples, pumpkins, and pears are delicious during autumn. • Winter: During the winter, we can eat carrots, brussels sprouts, and parsnips. How Do Fruit and Vegetables They Grow? Fruits and vegetables grow from seeds, which are tiny parts of the plant. When you plant a seed in soil, it needs water, sunlight, and good soil to grow. After some time, the seed becomes a plant, and then it produces fruits or vegetables. Where Do Our Animal Foods Come From? Animals can provide us with many types of food, such as meat, eggs, and dairy products like milk and cheese. Common animals include chickens (for eggs), cows (for milk), and pigs (for meat). How Are Animals Raised? Most farm animals live in farms where they are cared for by farmers. Farmers make sure the animals have food, water, and a clean place to live. The animals grow, and when they are big enough, they can be used to give us food. Where Do We Get Fish From? Fish are another important source of food. We can find fish in rivers, lakes, and oceans. Some common types of fish we eat are salmon, cod, and trout. How Do We Catch Fish? Fishermen catch fish by using nets or fishing rods. They often go out to sea or to lakes and rivers to catch the fish, which are then brought back to shops for people to buy.	<u>Disciplinary Skills</u> • Generate ideas through brainstorming and identify a purpose for their product. • Draw up a specification for their design. • Select appropriate materials, tools and techniques. • Use skills in using different tools and equipment safely and accurately. • Evaluate a product against the original design specification. <u>Key Concepts</u> <table border="1"> <tr> <td data-bbox="1220 630 1523 1469"> Design- Design purposeful, functional, appealing products for themselves and other users based on design criteria. 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Key Vocabulary	
Grow	To increase in size or amount, or to become more advanced or developed.
Produce	Agricultural and other natural products collectively.
Season	Each of the four divisions of the year (spring, summer, autumn, and winter) marked by particular weather patterns and daylight hours, resulting from the earth's changing position with regard to the sun.
Diet	Food that a person, animal, or community habitually eats.
Processed	Perform a series of mechanical or chemical operations on (something) in order to change or preserve it.
Location	A particular place or position.
Taste	The sensation of flavour perceived in the mouth and throat on contact with a substance.
Texture	The feel, appearance, or consistency of a surface or substance.



Linking Thinking Across Our Learning Journey						
Early Years	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
	Carnival picnic	Perfect pizzas	Seasonal food	American Food	Bread	Burgers