

DT—Year 3—Healthy Food

Design Brief

To design and make a healthy soup using ingredients from the Eatwell plate.



Vocabulary

cut	food groups
tools	carbohydrates
safely	dairy
healthy diet	fats and sugars
measure	fruit and vegetables
weigh	protein
balanced diet	hygiene
healthy	

Year 2 Design Skills

- Explain what they are making and which materials they are using and why they have chosen them.
- Design products that have a clear purpose and an intended user.
- Use pictures and words to convey what they want to make.
- Say what they like and don't like about their product and explain why.
- Make products, using a range of tools to cut, shape, join and finish.
- Talk about how closely their finished product meets their design criteria.
- Explore objects and designs to identify likes and dislikes.
- Explore how products have been created.

Year 3 Design Skills

- Investigate existing products, including drawing them to analyse and understand how they are made.
- Plan a sequence of actions to make a product.
- Develop more than one design.
- Generate designs with annotated sketches.
- Refine work and techniques as work progresses, continually evaluating the product design.
- Identify strengths and weaknesses of their design ideas.
- Talk about how closely their finished product meets their design criteria and meets the need of the user.
- Disassemble products to understand how they work.
- Improve on existing designs, giving reasons for choices.

Cooking Skills

Year 2

- Group foods into the five groups in The Eatwell Plate.
- Cut, grate or peel ingredients safely.
- Prepare simple dishes-safely and hygienically-without using a heat source.
- Measure or weigh using cups or electronic scales.

Year 3

- Cut materials accurately and safely by selecting appropriate tools.
- Know that a healthy diet is made up from a variety of different food and drink, as depicted in The Eatwell Plate.
- Measure and weigh ingredients appropriately.
- Follow a recipe.

Design Process

Research

Look at a product to see how it has been made.

Skills

Practise and learn new skills to make the final product.

Design

Design the product using knowledge from research and skills learned.

Prototype

Make the prototype and identify any changes needed for the final design.

Make

Make the final product using skills learned.

Evaluate

Evaluate the final product.