



Year 3 Food (healthy and varied diet)

**Prior Learning:** Know some ways to prepare ingredients safely and hygienically. Have some basic knowledge and understanding about healthy eating and the 'eatwell plate'. Have used some equipment and utensils and prepared and combined ingredients to make a product.

Facts	Vocabulary																		
<p><b><u>Correct chopping technique—The bridge hold.</u></b></p> <p>The bridge technique involves making a bridge over the piece of food with the fingers holding one side and the thumb on the other. Then the knife can be inserted under the bridge onto the top of the piece of food and cut safely.</p>  <p><a href="https://www.youtube.com/watch?v=zo0lx_tFhH0">https://www.youtube.com/watch?v=zo0lx_tFhH0</a></p>	<ol style="list-style-type: none"> <li>1. Appearance – how the food looks to the eye.</li> <li>2. Preference test – trying different foods and deciding which you like best.</li> <li>3. Processed food – ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.</li> </ol>																		
<p><b><u>Correct chopping technique—The claw hold.</u></b></p> <p>The claw is another safe way to cut food. It involves tucking the tips of the fingers inwards so the knuckles are guiding the blade, not finger tips.</p>  <p><a href="https://www.youtube.com/watch?v=wVJUD8SSQRA">https://www.youtube.com/watch?v=wVJUD8SSQRA</a></p>																			
<p>Food can also be caught, reared or processed as well as grown above or below the ground.</p> <p><b>Caught</b>—generally refers to the process of catching fish. This means they have been caught in the wild using nets, hand-lines, divers or traps to help catch different seafood</p> <p><b>Processed</b>—foods that have been altered from their natural state, either to make them safe or because it makes them easier to store or eat. e.g. butter and cheese being made from milk.</p> <p><b>Reared</b>—reared food is where animals are brought up for the purpose of providing food in one way or another. This could be through their meat or by providing food sources such as laying eggs or providing milk.</p> <table border="0" data-bbox="135 1803 821 2094"> <thead> <tr> <th>Examples of caught foods.</th> <th>Examples of processed foods.</th> <th>Examples of reared animals.</th> </tr> </thead> <tbody> <tr> <td>Crab,</td> <td>Milk,</td> <td>Chicken,</td> </tr> <tr> <td>Lobster,</td> <td>Butter,</td> <td>Lamb,</td> </tr> <tr> <td>Salmon,</td> <td>Cheese,</td> <td>Pig,</td> </tr> <tr> <td>Sea Bass,</td> <td>Biscuits,</td> <td>Rabbit,</td> </tr> <tr> <td>Haddock.</td> <td>Crisps.</td> <td>Sheep.</td> </tr> </tbody> </table>	Examples of caught foods.	Examples of processed foods.	Examples of reared animals.	Crab,	Milk,	Chicken,	Lobster,	Butter,	Lamb,	Salmon,	Cheese,	Pig,	Sea Bass,	Biscuits,	Rabbit,	Haddock.	Crisps.	Sheep.	
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