



Year 3 > Lower key stage 2 > Design and technology
> *New* Cooking and nutrition: Eating seasonally

Suggested prior learning

[*New* Cooking and nutrition: Balanced diet](#)

Unit outcomes

Pupils who are **secure** will be able to:

- Explain that fruits and vegetables grow in different countries based on their climates.
- Understand that seasonal fruits and vegetables grow in a given season.
- Understand that eating seasonal fruit and vegetables positively affects the environment.

- Design a tart recipe using seasonal ingredients.

For lesson 6, it is suggested that tart preparation takes place outside the lesson throughout the day with an additional adult who works with children to prepare their foods and bake the tarts.

Key vocabulary	Unit specific links
appearance	Vocabulary display - D&T Y3: Cooking and nutrition: Eating seasonally
arid	
climate	
complementary	
country	
cut	
design	

evaluate

export

fruit

grate

import

ingredients

Mediterranean

mock-up

mountain

peel

polar

seasonal

seasons

snip

taste

temperate

texture

tropical

vegetable

weather

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Lesson 1: Food around the world	Lesson 2: Seasonal food	Lesson 3: Cutting and peeling	Lesson 4: Tasting seasonal ingredients	Lesson 5: Making a mock-up	Lesson 6: Evaluating seasonal tarts
To explain why food comes from different places around the world.	To explain the benefits of seasonal foods.	To develop cutting and peeling skills.	To evaluate seasonal ingredients.	To design a mock-up using criteria.	To evaluate a dish.
Suggested next steps					
New Cooking and nutrition: Adapting a recipe					
Logo					