

The key DT knowledge that I will know by the end of this unit will be:

- I will cook using British ingredients available all year round.
- I will understand how seasonal fruits in Britain are grown and processed.
- I will understand why vegetables form an important part of a healthy and varied diet.
- I will find out about how seasonally produced meat can form part of a healthy diet.
- I will know how fish are caught or reared, processed and used in healthy meals.
- I will show what I have learned about eating seasonal food as part of a healthy, varied diet.

I will show that I can work like a Designer by:

- Understanding and applying the principles of a healthy and varied diet.
- Preparing and cooking a variety of predominantly dishes using a range of cooking techniques.
- Understanding seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- Investigating and analysing a range of existing products.
- Evaluating ideas and products against a design criteria and consider the views of others to make improvements.

Design Technology - Seasonal Food



What have I learnt before and when:

Year 1
Eat more fruits and vegetables

Year 2
Perfect Pizza

What I will learn:

Year 4
Seasonal Food

Famous Person link—
Mary Berry

How are seasonal foods used in cooking?

Vocabulary	Definition
Commercially grown	Grown under cultivation in tilled plots or in a greenhouse.
Food producer	A person who grew, raised, processed, prepared, manufactured, or otherwise added value to the food product the person is selling.
Fruit	Develops from the flower of a plant and contains seeds.
Milling grain	A process in which grains such as oats, wheat, rice, and corn are dehulled and ground into smaller pieces or flours to improve palatability, reduce cooking time, and create food products.
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.
Seasonal food	Food which is readily available at certain times of the year in the area where you live.
Vegetables	can consist of roots, stems and leaves.