

Suggested prior learning [Cooking and nutrition: A balanced diet](#)

Intended outcome of the unit

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 are those that grow in a given season and taste best then.
- Know that eating seasonal fruit and vegetables has a positive effect on the environment.
- Design their own tart recipe using seasonal ingredients.
- Understand the basic rules of food hygiene and safety.
- Follow the instructions within a recipe.

Key Vocab

climate
diet
imported
ingredients
natural
processed

reared
recipe
seasonal
seasons
sugar

Unit specific links:

[Knowledge organiser: DT - Y3 Eating seasonally](#)

Week 1

Week 2

Week 3

Week 4

[Lesson 1: Where in the world?](#)

[Lesson 2: British seasonal foods](#)

[Lesson 3: Rainbow food](#)

[Lesson 4: Making tarts](#)

Suggested Next Steps

[Cooking and nutrition: Adapting a recipe](#)