

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**

**Correct chopping technique—The bridge hold.**

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



[https://www.youtube.com/watch?v=zo0lx\\_tFhHO](https://www.youtube.com/watch?v=zo0lx_tFhHO)



**Correct chopping technique—The claw hold.**

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.



<https://www.youtube.com/watch?v=wVJUD8SSQRA>



Food can also be caught, reared or processed as well as grown above or below the ground.

**Caught**—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

**Processed**—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.

**Reared**—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 of providing milk.

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.

**Vocabulary**

**Glossary:**

- Appearance** – how the food looks to the eye.
- Preference test** – trying different foods and deciding which you like best.
- Processed food** – ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.
- Texture** – how the product feels in the mouth.
- Sensory evaluation** - evaluating food products in terms of the taste, smell, texture and appearance.
- Processed food** – ingredients that have been changed in some way to enable them to be eaten or used in food preparation and cooking.

**Vocabulary**

utensil	texture	cook
sweet	sour	spicy
smell	greasy	moist
fresh	savoury	hygienic
taste	edible	hot

**The eatwell plate**

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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**Follow these four food hygiene steps:**

- Clean.** Always wash your food, hands, counters, and cooking tools. Wash hands in warm soapy water for at least 20 seconds. ...
- Separate (Keep Apart)** Keep raw foods to themselves. ...
- Cook.** Foods need to get hot and stay hot. ...
- Chill.** Put food in the fridge right away.

**Job Roles:**

- Chef**– Jamie Oliver, Paul Hollywood.
- Food Hygienist.**
- Baker.**
- Cake Decorator.**