



Year 3 – Food

Design and bake biscuits for younger children

3 things that I should already know:

1. About the 5 different food groups
2. To select the right tools
3. To be independent when peeling, chopping, spreading, mixing and grating

3 things that I will learn:

1. That food comes from the UK, Europe and beyond
2. How to follow a recipe
3. How to be safe when using an oven

Think:

What flavour or shape will your biscuit be? Why did you choose this design?



Chocolate chip cookies



Lemon biscuits

Vocabulary:

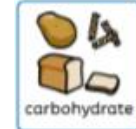
Recipe	Instructions about how to make a food item
Savoury	A food item that is salty or spicy rather than sweet
Carbohydrate	One of the 5 food groups, it includes foods such as bread, pasta and potatoes
Protein	One of the 5 food groups, it includes foods such as meat, fish, eggs and beans
Dairy	One of the 5 food groups, it includes foods such as milk, cheese and butter
Eatwell Guide	A guide to show how much food we should eat from each food group to have a healthy balanced diet



recipe



savoury



carbohydrate



protein



dairy



Eatwell Guide