



Endpoints for Design Technology

Year 3 – Cook Well, Eatwell



Through this topic, we will be learning about the food groups and the Eatwell guide. We will use this knowledge to make ratatouille.

What I know and can explain

There are five main food groups: fruit and vegetables; carbohydrates (potatoes, bread, rice and pasta); proteins (beans, pulses, fish, eggs and meat); dairy and alternatives (milk, cheese and yoghurt) and fats (oils and spreads).

Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet

Humans get nutrition from what they eat

It is important to have a balanced diet made up of the main food groups, including: proteins, carbohydrates, fruit and vegetables, dairy products and alternatives, and fats and spreads

Preparation techniques for savoury dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning

Safety rules must be followed when using electricity

A healthy, balanced diet

A healthy, balanced diet provides the right foods in the correct quantities for the body to grow and stay healthy.

Foods can be divided into five main groups:

- fruits and vegetables
- carbohydrates
- proteins
- dairy and alternatives
- oils and spreads

Eatwell Guide

The Eatwell Guide was launched in 2016 by Public Health England. It shows the balance of foods from the five main food groups that we should eat for a healthy, balanced diet.



Useful Vocabulary

Carbohydrate – An important nutrient in our diet which consists of sugar, starch and fibre

Fry – To cook food in a shallow frying pan with a little hot oil

Mineral – Any substance which your body needs in small amounts to stay healthy

Nutrient – Any substance your body needs to live and grow such as vitamins, minerals, proteins and carbohydrates

Protein – An essential nutrient to build and repair muscle

Vitamin – A natural substance found in some foods that is needed in tiny amounts for the growth and good health of the body, such as vitamin C and the B vitamins