

“What Impact Does Our Environment Have on Us?” (D&T)

Big Ws: Food preparation

dice



slice



- Wear **gloves**.
- **Different utensils** and **chopping boards** for **raw** and **ready-to-eat** foods.

Vocabulary

cross- contamination



Physical movement or transfer of harmful bacteria.

nutrition



How **food** affects the **body**.

pescatarian



Diet includes **fish and seafood**, but no meat.

seasonality



Different **foods** grow **better** at different **times** of the year.

vegetarian



Diet **doesn't** include **fish** or **meat**.

Big Ws: Eggs

cage reared

- Hens **do not** roam.
- **No nest** or perch.

barn laid

- Hens roam in a **barn**.
- **Nest** or perch.

free range

- Hens roam **outdoors**.
- **Nest** or perch.

Big Ws: Seasonality

Benefits:

- **Higher nutritional content**
- **Better flavour**
- **Lower cost**
- **Less food miles**

Important People

Rachel Green

- Uses **seasonal produce**



Big Ws: Diet

carbohydrates

energy and healthy digestive system



dairy

teeth and bone strength



fruits and vegetables

vitamins and immunity



fats, sugars and salts

moderation



proteins

growth and repair



Big Ws: Food sources

UK

- mackerel
- smoked haddock
- peas



Europe

- smoked salmon
- tomatoes
- onions



rest of the World

- tuna
- tofu
- turmeric



What I can remember

- ✓ **Bread (Y3)**
- ✓ **Salsa and Guacamole (Y2)**
- ✓ **Healthy salad (Y1)**