

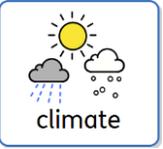
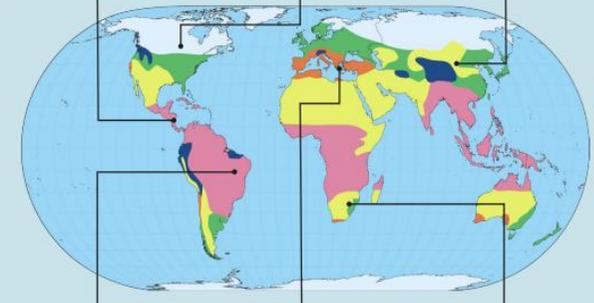
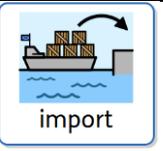


**Year 3 Spring 2:
Cooking and Nutrition:
Eating Seasonally**

**Key Question :
Can you create a seasonal food tart?**

Lesson 1 Can you explain why food comes from different places around the world?	Lesson 2 Can you explain the benefits of seasonal foods?	Lesson 3 Can you develop cutting and peeling skills?	Lesson 4 Can you evaluate seasonal ingredients?	Lesson 5 Can you design a mock-up using criteria?	Lesson 6 Can you evaluate a dish?
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Vocabulary

 appearance	The way something looks	 climate	The weather conditions	 complementary	Things that go together	
 evaluate	What was good or bad	 export	Food sold to another country	 import	Food brought in from another country	
 ingredients	Foods a recipe is made from	 peel	To remove the skin off of food	 seasonal	Food that grows at certain times of the year	
 temperate	A climate with four seasons	 texture	The way food feels in your mouth			
						 pumpkins from Mexico  soya beans from Canada  plums from China  bananas from Brazil  olives from Greece  watermelons from South Africa