








Scrumdiddlyumptious – Autumn Term 2

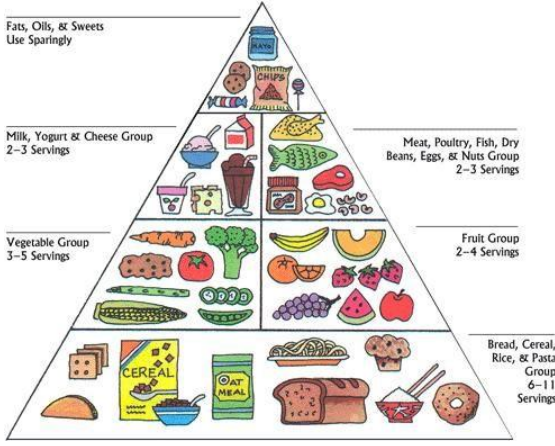
Year 3 Design & Technology- Food

Key vocabulary	Explanation/ definition
Utensil	A tool or container used in a home and especially a kitchen.
Fresh	New – when discussing fruit, recently picked and not altered in any way.
Sour	Something that has an acidic taste.
Sweet	Containing or having a strong taste of sugar.
Moist	Slightly wet or damp.
Appearance	The way that something looks.
Blender	An appliance used to chop, mix, blend, and liquefy food.
Smoothie	A creamy beverage made of fruit blended with juice, milk, or yoghurt.

Utensil name	Picture	What it's used for
Peeler		Peel the outside (skin) off fruit and vegetables
Blender		Used to chop up and mix food together, creating a liquid texture.
Knife		Cutting up food, fruit for the smoothie
Juicer		Squeeze juice out of fruit, often lemon, oranges and limes

Researching	Tasting fruit smoothies and evaluating the flavours. What are your favourites? What flavours did you not like?
Designing	Designing our own fruit smoothies. Think about taste, texture, smell. How will you make it appealing for people and encourage them to want to try it?
Making	Create and follow a recipe. Use required utensils safely.
Evaluating	What are your thoughts on your finished smoothie? Think about taste, texture, other people's opinions. What would you change and what would you keep the same if you were to do it again?





Fats, Oils, & Sweets
Use Sparingly

Milk, Yogurt & Cheese Group
2-3 Servings

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 Servings

Vegetable Group
3-5 Servings

Fruit Group
2-4 Servings

Bread, Cereal, Rice, & Pasta Group
6-11 Servings

