Year 3: I want a healthy lunch I can eat on a school trip

Subject Specific Vocabulary

functionality	How well an object does its specific job.
savoury	Savoury food has a salty or spicy flavour rather than a sweet one.
marketing	How a company promotes selling a product – posters, TV or radio adverts.
cost	The price to buy something.
appearance	What something looks like.
taste	When a food is sweet, sour, salty and bitter.
texture	How food feels - foods can be soft or hard, mushy or crunchy, or smooth or lumpy
ingredients	Items of food that make up a recipe.
healthy	When everything in your body and head feels good.
balanced diet	Eating a variety of different foods form the five food groups.

Five Food Groups



1 – Carbohydrates
2 – Protein
3 – Fats
4 – Dairy
5 – Fruits and Vegetables

Cooking Skills



claw hold



spreading



grating

Sticky Knowledge

Bread is produced from plants.

Knives must be used safely when slicing using the claw hold.

A sandwich consists of two or more slices of bread or a split roll with a filling in between. They can also be open, wraps, stacked, pinwheel or grilled.

Food Hero



Jamie Oliver is a British celebrity chef, restaurateur and cookbook author who launched his successful "Feed Me Better" campaign to improve the quality of meals served in Britain's schools.