



Year 3 Design & Technology - Autumn Term 2: Cook Well, Eat Well



1. Humans have to 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. Humans need to stay **hydrated** by drinking water.

2. **Electrical appliances** must only be used under the **supervision** of an adult. Safety rules must also be followed when using electricity: fingers and other objects must not be put into electrical outlets, anything with a cord or plug should never be used around water and a plug should never be pulled out by its cord.

3. **Preparation** techniques for **savoury** dishes include peeling, chopping, deseeding, slicing, dicing, grating, mixing and skinning. **Slow cookers** cook food on a low heat over several hours.

What makes a healthy taco?

4. **Design criteria** are the exact **goals** a project must achieve to be successful. These criteria might include the product's use, appearance, cost and target user.

5. **Tacos** are a traditional **Mexican** street food made from wheat or corn tortillas, filled with a **meat** or **vegetarian** filling and topped with salsa, lettuce or cheese.



6. Asking questions can help others to **evaluate** their products, such as asking them whether the selected materials achieved the purpose of the model.

Nutrition	Electrical appliances	Savoury	Goals	Vegetarian	Hydrated
Balanced diet	Preparation	Design criteria	Tacos	Evaluate	Successful