

Year 3

Savoury Flan / Quiche

|  |  |  |  |
| --- | --- | --- | --- |
| I Can…… | Image result for working towards smiley face | Image result for smiley face |  |
| Use a knife for chopping  |  |  |  |
| Use the bridge & claw technique |
| Use a knife for cutting |
| Use a peeler |
| Use a greater  |
| Spread with the back of a spoon |
| Mix ingredients together  |
| Crumble cheese |
| Garnishing and decorating |
| Arranging ingredients  |
| Use spoons / cups for measuring  |
| Use scales for weighing  |
| Use a rolling pin  |
| Crack & beat an egg |
| Use a oven to bake  |
| Fry ingredients  |
|  |  |  |  |
|  | Image result for working towards smiley face | Image result for smiley face |  |
| Understand where food comes from |  |  |  |
| Can name different places we can get food from eg under the ground, plant or a bush, animal, sea, field- crops |
| Can name different ways we can cook |
| Understand the principles of the Eat Well Guide & how it is important to a healthy diet  |
| Understand how to make healthy choices & why it is important to have a healthy, balanced diet |
| Find & understand features on food labels, eg date, weight, colour coding & how they link to the Eat Well Guide  |
| Understand why people don’t eat certain foods eg religion, allergies |  |  |  |
| Understand how foods can be substituted for healthier options/ choices |
|  |  |  |  |
|  | Image result for working towards smiley face  | Image result for smiley face |  |
| Can name different types of equipment & say what they are used for |  |  |  |
| Understand the importance of safe food preparation & storage |
| Understand that different foods need to be prepared on different coloured chopping boards (cross contamination)  |
| Can name different ways we can cook eg grill, bbq toast boil |
| Understand that different ways of cooking can reduce calorie / fat intake |
| Can set the table  |
| I can use a knife & fork for eating  |
| Can wash & dry equipment  |
| I  |  |  |  |