Year 3 Autumn 2 Food and Nutrition

Environmental Facts

Using frozen fruits means using up fruit that is rejected for sale as fresh fruit. It also means we are not using imported fruits when UK fruits are not in season

Nadiya Hussain

Well known for

total weight of chips eaten in the UK each year is equivalent

Cultural Links

Maize is the second most

used to make flour and is

eaten as sweetcorn. It is

thought that popcorn was made as early as 4700BC in Peru.

Did you know?

. It has been reported that the

to 14,000 blue whales.

wn crop on the planet. It is

Nadiya Hussain is a British television chef, television host, and author known for winning the Great British Bake Off in 2015.

Early Life

- Born 25 December 1984 in Bedfordshire, England.
- She is British Bangladeshi.
- Her father was a chef and owned an Indian restaurant

Career

- 2015, rose to fame after winning the 6th series of Great British Bake Off.
- 2016, baked the Queen's 90th birthday cake. Host of a variety of TV
- cookery shows. Author of cookery

Year 3: Food and Nutrition What do we mean by a balanced diet?



Core content:

Learn what a balanced diet is. Make three products that are often bought premade or highly processed.

Technical vocabulary:

Seasonal — fruit and vegetables that are ripe and ready in a particular season. They will no longer grow when the weather changes.



Balance — when different things exist in equal, correct or good amounts.



Preserve — to prevent something, especially food, from decaying.



Stew – to cook slowly in liquid.



Pressure - the force or weight with which something presses against something else.



Seasoning — salt, herbs or spices added to food to enhance its flavour.



Techniques:



stewing





seasoning



slicing