



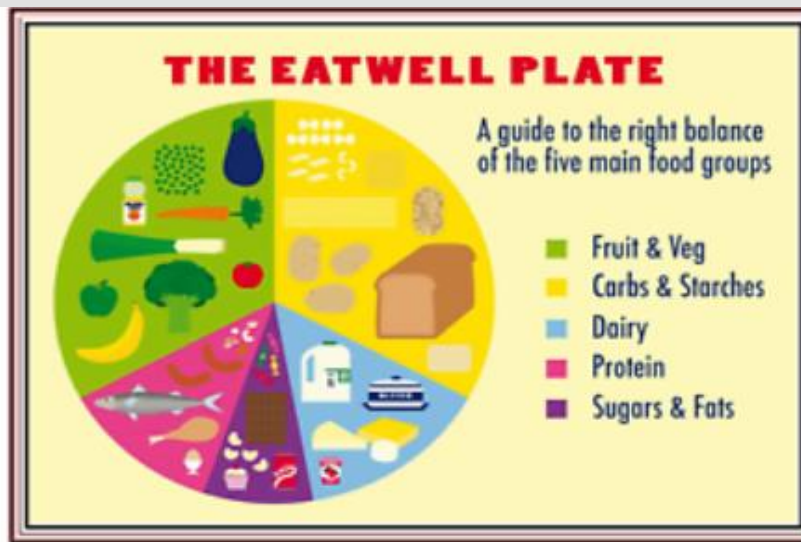
Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Design and Technology – Y3

Tropical Fruit Salad



Food Groups



Key Vocabulary

Balanced Diet	A diet that consists of different food types needed to be healthy.	✓
Unhealthy	Food that does not provide the body with the right amount of nutrients for good health.	
Fruit and Vegetables	A food that grows on trees and bushes. Vegetables come from the roots, stems or leaves of a plant.	
Carbohydrate	Foods such as bread, rice, pasta and cereal.	
Dairy	Foods such as milk, butter and cheese.	
Protein	Foods such as beans, fish, eggs and meat.	
Sugars	Foods such as cakes, sweets and fizzy drinks	
Fats	Can be found in dairy and sweet products.	

Key Learning



Know what a balanced diet is.

Know when fruits and vegetables are in season.

Know how ingredients are grown.

Use research to design a fruit salad for a group of people.

Prepare a fruit salad safely. Use tools such as knives safely. Wash surfaces and hands before preparing food.

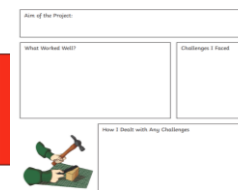
Evaluate the fruit salad against a self-assessment criteria.



Design



Make



Evaluate