





Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Design and Technology Summer - Year 3

Key Vocabulary		✓
Balanced Diet	A diet that consists of the different food types needed to be healthy.	
Barley	A cereal grain that is high in fibre and was grown widely in the Roman Empire during the warmer seasons.	
Pumpkin	A winter squash.	
Food groups	The main food groups are carbohydrates, proteins, dairy, sugars and fats.	
Nutrition	The amount or type of energy provided by foods for the body to use for fuel and growth.	
Hygiene	A healthy, clean and safe way to prepare food.	
Domestically sourced	Food grown in the country where it is prepared and eaten.	

Key Learning



Know what a balanced diet is and compare the Roman diet to present day.

Know there are different food groups and which ingredients of the soup belong to which group.

Know the basic principles of preparing food and to know about food hygiene.

Know how to use the correct tools required to prepare a soup (peeler, chopping board, vegetable knife).

Know that foods grow in different seasons.

Know how some foods are grown and/or processed.

To know how to evaluate your soup and suggest different Ancient Roman ingredients that could be used.

Ancient Roman Soup



The Romans mostly ate cereals and legumes, usually with sides of vegetables, cheese, or meat that was often covered with sauces made out of fermented fish, vinegar, honey, and various herbs and spices. Wealthier Romans often ate lying down.



Design



Make

Evaluate

