

## End Points

### Year 3 – Eating seasonally



#### What I know and can explain

- To know that not all fruits and vegetables can be grown in the UK.
- To know that climate affects food growth.
- To know that vegetables and fruit grow in certain seasons.
- To know that cooking instructions are known as a 'recipe'.
- To know that imported food is food which has been brought into the country.
- To know that exported food is food which has been sent to another country..
- To know that eating seasonal foods can have a positive impact on the environment.
- To know that similar coloured fruits and vegetables often have similar nutritional benefits.
- To know that the appearance of food is as important as taste
- Designing a recipe for a savoury tart.
- Following the instructions within a recipe.
- Tasting seasonal ingredients.
- Selecting seasonal ingredients.
- Peeling ingredients safely.
- Cutting safely with a vegetable knife

#### Useful vocabulary

arid  
climate  
complementary  
country  
export  
import  
Mediterranean  
mock-up

peel  
seasonal  
snip  
temperate  
texture  
tropical  
weather

