



Design and Technology

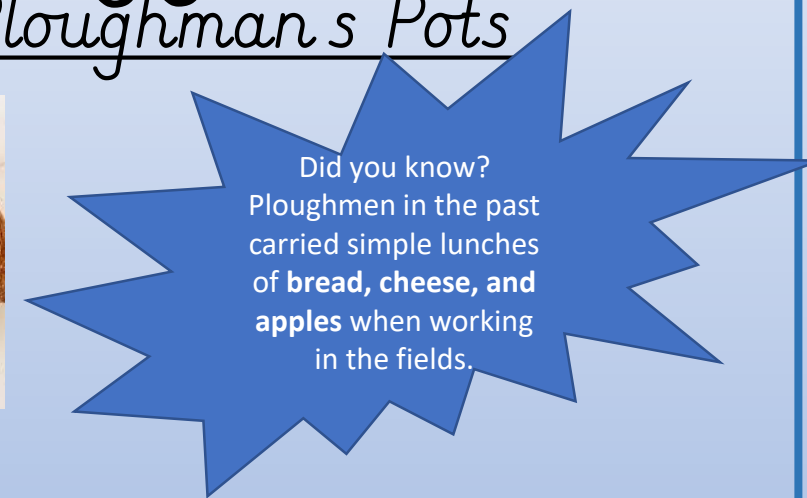
Making Ploughman's Pots

What I should already know:

- Where food comes from.
- Understand a healthy and varied diet.
- Can weigh ingredients to a level of accuracy
- We should wash our hands before eating or handling food.

What I will learn:

- Different foods grow in different parts of the world
- Some foods grow in certain seasons—this is called seasonality.
- We will learn what fruits and vegetables grow in Kent.
- We will practise safe cutting using the bridge hold and claw grip.
- We will keep our food clean and safe while cooking.
- We will taste our dish and talk about how it looks, feels, and tastes!



Did you know?
Ploughmen in the past carried simple lunches of **bread, cheese, and apples** when working in the fields.



Key Facts

- Kent is called The Garden of England because it grows lots of yummy food.
- Apples, cherries, plums, strawberries, and raspberries grow really well here.
- The soil and weather help vegetables and herbs like peas and mint grow.
- Eating food that's grown nearby and in the right season is fresher and better for the planet!

Key Vocabulary		
Ingredients		Any of the foods or substances that are combined to make a particular dish.
Local produce		food grown near where you live.
Healthy		In a good physical or mental condition; in good health.
Diet		The kinds of food that a person, animal, or community regularly eats.
calories		A unit of energy, often used to express the nutritional value of foods.
Seasonal		Food that grows naturally at a certain time of year.