

Food Technology – Healthy Eating

The Year 3 children, in Design Technology lessons, have been exploring the principles of a healthy and varied diet. They first looked at the different food groups and considered the levels of food needed from each category to work as a varied diet. Year 3 the discussed where our food comes from and how certain foods are made e.g. crops, wheat used to make bread. They then sampled a number of foods and considered if they were savoury or sweet and shared the importance of hygiene when handling foods.

