

Essential Knowledge

What is a healthy and varied diet?

To be healthy we need to eat a range of foods from each food group.

Why is soup such a good food to eat?

Soups are easy and cheap to make, and you can add lots of vegetables.

Which was your favourite soup?

The children will be provided with different soups to taste and evaluate.

How do we make soup?

Recipes tell us how to make different meals.

It is important to measure carefully when following a recipe.

The Eatwell Plate



Recipe for Tomato Soup

Ingredients

- 3 tbsp olive oil
- 2 onions, chopped
- 2 celery sticks, chopped
- 300g carrots, chopped
- 500g potato, diced
- 2 tbsp dried basil
- 2 tbsp dried oregano
- 2 tbsp tomato puree
- 1 tbsp sugar
- 500g passata
- 3 vegetable stock cubes



Method

1. Put the oil, onions, celery, carrots, potatoes, basil and oregano in a big casserole dish, or two saucepans.
2. Fry gently until the onions are softened – about 10-15 mins. Fill the kettle and boil it. Stir in the tomato purée, sugar, chopped tomatoes and passata, then crumble in the stock cubes.
3. Add 1 litre boiling water and bring to a simmer. Cover and simmer for 15 mins until the potato is tender.
4. Purée with a stick blender (or ladle into a blender in batches) until very smooth. Season to taste.

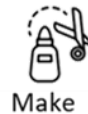
Key Vocabulary








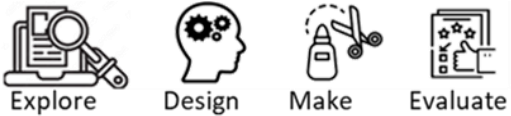
varied	show variation or variety
diet	the amount and types of food eaten by a person
ingredients	food or substances combined to make a particular dish
method	a certain way of doing something
simmer	to cook gently at or just below the boiling point
combining	join or mix together
blend	to thoroughly mix soft substances or liquids together

Aspirational Knowledge

To understand how much of each food group we need to consume to be healthy.
To consider successful combinations of vegetables when making soup.

Project Process



Key Knowledge		Recipe for Tomato Soup		Key Vocabulary	
<p>What is healthy food? To be healthy we need to eat a range of foods from each food group.</p>		<p>Ingredients</p> <p>3 tbsp olive oil 2 onions, chopped 2 celery sticks, chopped 300g carrots, chopped 500g potato, diced 2 tbsp dried basil 2 tbsp dried oregano 2 tbsp tomato puree 1 tbsp sugar 500g passata 3 vegetable stock cubes</p>  <p>Method</p> <ol style="list-style-type: none"> Put the oil, onions, celery, carrots, potatoes, basil and oregano in a big casserole dish, or two saucepans. Fry gently until the onions are softened – about 10-15 mins. Fill the kettle and boil it. Stir in the tomato purée, sugar, chopped tomatoes and passata, then crumble in the stock cubes. Add 1 litre boiling water and bring to a simmer. Cover and simmer for 15 mins until the potato is tender. Purée with a stick blender (or ladle into a blender in batches) until very smooth. Season to taste. 		<p>diet</p>  <p>the amount and types of food eaten by a person</p>	
<p>Why is soup such a good food to eat? Soups are easy and cheap to make, and you can add lots of vegetables.</p>				<p>recipe</p>  <p>a list of ingredients and instructions to make a meal</p>	
<p>Which was your favourite soup? The children will be provided with different soups to taste and evaluate.</p>				<p>simmer</p>  <p>to cook gently at or just below the boiling point</p>	
<p>How do we make soup? Recipes tell us how to make different meals. It is important to measure carefully when following a recipe.</p>				<p>ingredients</p>  <p>food that is combined to make a particular dish</p>	
<p>The Eatwell Plate</p> 				<p>blend</p>  <p>to mix soft substances or liquids together</p>	
<p>Project Process</p> 					



WOLVERHAMPTON COLLEGE

Y3 Design Technology – Pneumatics

Design Brief – Make a Moving Toy for a Reception Child



WOLVERHAMPTON COLLEGE

Essential Knowledge

How do you make a toy move?

Pneumatics is the use of pressurised air to make things move. Pneumatics today are used in complicated machinery. Some real-life examples include:

- pneumatic drills used in construction;
- door openings on buses and trains;
- floors that raise and lower on buses and trains, which help people get on and off.

How can you design your own moving toy?

The design is drawn up after researching simple pneumatic toys. The design includes the pneumatic device and the monster features.

How can you make your design come to life?

The toy needs to be made using a cardboard box, balloon, bottle, syringe and tubing. The balloon will hold the mechanism in place.

How did your moving toy meet the design criteria?

The toy needs to be evaluated using these questions:

1. What was the aim of our DT project?
2. What worked well?
3. What would you change next time?

Key Vocabulary

components	a part that makes up a larger thing
pneumatic	a system that works using gases
compressed compression	something that is squashed such as air in a tube
input	what goes into a system
output	what comes out of a system
syringe	a tube with a nozzle and plunger for sucking and blowing air or liquids
inflate	to swell or fill with air or gas
deflate	to let the air or gas out of something that has been blown up



Aspirational Knowledge and Skills

Heron of Alexandria wrote a text called 'Pneumatica', which spanned across two books, describing machines powered by air pressure. Often pneumatic machines make a hissing sound when they work due to the air escaping.

Project Process



Explore



Design



Make



Evaluate

Design Brief – Make a Moving Toy for a Reception Child

Key Knowledge

How do you make a toy move?

Pneumatics is the use of pressurised air to make things move. Pneumatics today are used in complicated machinery. Some real-life examples include:

- pneumatic drills used in construction
- door openings on buses and trains

How can you design your own moving toy?

The design is drawn up after researching simple pneumatic toys. The design includes the pneumatic device and the monster features.

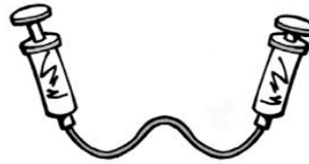
How can you make your design come to life?

The toy needs to be made using a cardboard box, balloon, bottle, syringe and tubing. The balloon will hold the mechanism in place.

How was your moving toy like your design?

The toy needs to be evaluated using these questions:

1. What was the aim of our DT project?
2. What worked well?
3. What would you change next time?



Key Vocabulary

components



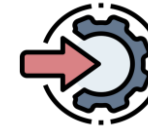
a part that makes up a larger thing

pneumatic



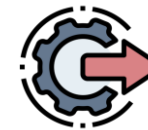
a system that works using gases

input

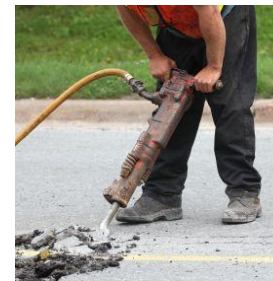


what goes into a system

output



what comes out of a system



Project Process



Explore



Design



Make



Evaluate



Y3 Design Technology – Textiles

Design Brief – Can you design a purse for a Roman soldier?

Essential Knowledge

How are materials joined and finished to make a product?
Products are joined in different ways. We will use different stitches and consider their use and purpose.

How can you design your own Roman coin purse?
Our product will have a user and purpose. Designs are drawn and have labels.

How do you follow your design to make a Roman coin purse?
It is important to follow a design and make changes if necessary. When making a purse, we can use decorative techniques.

How successful was your Roman coin purse?
When evaluating, we will look at what went well and what we would do differently next time.

Aspirational Knowledge and Skills

Create design criteria and explain how I will meet the design brief. Explain whether my product meets the design brief and criteria.

Project Process



Explore



Design



Make





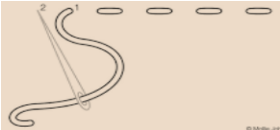


Evaluate

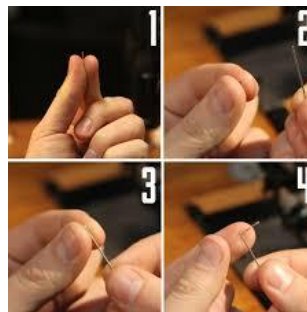
Key Vocabulary





appealing	attractive or interesting.
aesthetics	the appreciation of beauty.
purpose	the reason for which something is done.
fastening	a device that closes or secures something.
user	a person who uses something.
product	something that is manufactured
design	a plan or drawing produced to show the look and function of something before it is made.
decoration	art of decorating something.
sew	Use a needle and thread to join 2 pieces of material together or sew on buttons.



Design Brief – Can you design a purse for a Roman soldier?

Key Knowledge	Key Vocabulary		
<p>How are materials joined to make a purse? Products are joined in different ways. We will use different stitches and consider their use and purpose.</p>	<p>fastening (join)</p>		<p>to make 2 pieces of material stay together with stitches</p>
<p>How can you design your own Roman coin purse? Our product will have a user and purpose. Designs are drawn and have labels.</p>	<p>decoration</p>		<p>adding your own choice of stitches, beads or sequins to your bag</p>
<p>How do you follow your design to make a Roman coin purse? It is important to follow a design and make changes if necessary. When making a purse, we can use decorative techniques.</p>	<p>running stitch</p>		<p>a simple sewing stitch</p>
<p>How successful was your Roman coin purse? When evaluating, we will look at what went well and what we would do differently next time.</p>	<p>needle and eye</p>		<p>a sharp thin metal spike with a hole (eye) where the thread goes</p>
	<p>sew</p>		<p>use a needle and thread to join 2 pieces of material together or sew on buttons</p>



Project Process			
 Explore	 Design	 Make	 Evaluate