

Edible Garden

Year 3 - Summer 1

Design Brief

You will be growing a variety healthy and colourful ingredients that you can use to cook a meal with.

How will I do this?

- Firstly, learn how to plant seeds and care for my plants.
- Then, choose and prepare my ingredients that I have just grown, ready for cooking with.
- I must follow a recipe and use kitchen equipment.
- To understand and follow appropriate safety and hygiene rules.



Herbs

Key Learning

- Understanding where and how a variety of ingredients are grown.
- Applying principles of a healthy and varied diet.
- Preparing and cooking a healthy balanced meal using a range of cooking techniques.
- Exploring how seasons effect the where and how ingredients are grown.
- Selecting from and using a wider range of tools and equipment to perform practical tasks accurately, in this case in the kitchen.

Key Questions

- How does the 'eatwell plate' show a healthy balanced diet?
- How and where are some ingredients grown?
- How do you prepare ingredients safely and hygienically?
- How do the seasons and the weather affect certain plants?
- How can we accurately measure amounts of ingredients?
- Why is temperature important when cooking?



Key Vocabulary

Herb: Any plant with leaves, seeds, or flowers used for flavouring, food, medicine, or perfume.

Balanced meal: A balanced meal is a snapshot of a diet that covers the three core food groups. As seen on this portion plate, the balance is a quarter proteins, a quarter carbohydrates and half vegetables.

Complex carbohydrates: Complex carbohydrates are found in foods such as peas, beans, whole grains, and vegetables.

Vitamins: Any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body.

Minerals: Minerals are those elements on the earth and in foods that our bodies need to develop and function normally. Those essential for health include calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, chromium, copper, fluoride, molybdenum, manganese, and selenium.

Nutrition: The process of providing or obtaining the food necessary for health and growth.

Poly tunnels: An elongated polythene-covered frame under which seedlings or other plants are grown outdoors.

Calyx: The sepals of a flower, typically forming a whorl that encloses the petals and forms a protective layer around a flower in bud.

Pollinate: The transfer of pollen to a stigma, ovule, flower, or plant to allow fertilization.

Seasonality: Seasonality is a characteristic of a time series in which the data experiences regular and predictable changes that recur every calendar year.

Millilitre: One thousandth of a litre.

Litre: One thousand millilitres.

Sow: Plant (seed) by scattering it on or in the earth.

Boil: To reach the temperature at which it bubbles and turns to vapour.

Simmer: Stay just below boiling point while bubbling gently.

Seasoning: Salt, herbs, or spices added to food to enhance the flavour.