

Year 3: DT

Spring Term

Seasonal Tart

Key Concepts: Seasonality, Where food comes from, food hygiene

Key Vocabulary

Processed	These are foods which are changed from their natural state. For example: sausage rolls, cheese, cakes.
Seasonality	Eating foods that consider the time of year that they are ready to eat
Fresh	Food that has not been preserved or spoilt yet.
Pre-cooked	Food that has been cooked before
Food Hygiene	Safe storage, preparation and cooking of foods.
Recipe	Instructions that tell you how to make something with food
Varied diet	Eating foods from a range of food groups

Read more:

[Bella's Recipe for Success](#) by Ana Siqueira

[Kalamata's Kitchen](#) by Sarah Thomas

[Maple Syrup from the Sugarhouse](#) by Laurie Lazzaro Knowlton

Research more:

<https://www.bbc.co.uk/bitesize/topics/zjr8mp3/articles/zb23p4j>



SPRING FRUITS

What's in Season?



strawberries



apricots



mangoes



oranges



cherries



berries



bananas



pineapples

WHAT'S IN SEASON WHEN?

SPRING	SUMMER	AUTUMN	WINTER
ASPARAGUS	BEETROOT	APPLES	APPLES
CARROTS	BLUEBERRIES	BLACKBERRIES	BRUSSELS SPROUTS
CELERIAC	BROAD BEANS	ELDERBERRIES	CABBAGE
CUCUMBER	CARROTS	MUSHROOMS	CARROTS
CURLY KALE	COURGETTES	POTATOES	CELERIAC
GOOSEBERRIES	CUCUMBER	PLUMS	CURLY KALE
SPROUTING BROCCOLI	POTATOES	PUMPKIN	LEEKS
SPINACH	PLUMS	ROCKET	PARSNIPS
RHUBARB	STRAWBERRIES	SQUASHES	POTATOES
WATERCRESS	TOMATOES	SWEETCORN	SWEDE

IN SEASON:

Spring Vegetables



ARTICHOKE



ASPARAGUS



CARROTS



COLLARDS



FENNEL



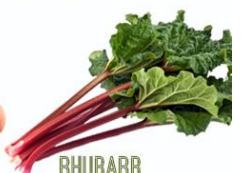
MOREL MUSHROOMS



MUSTARD GREENS



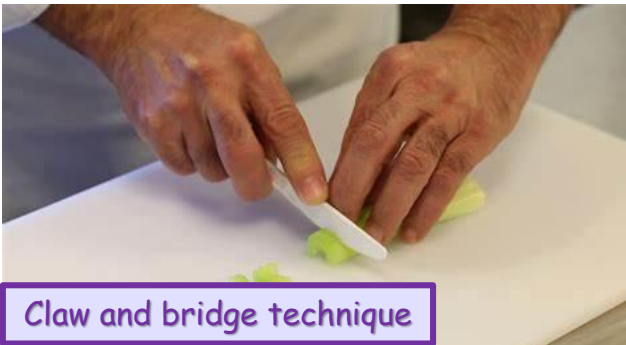
NEW POTATOES



RHUBARB



SPINACH



Claw and bridge technique



Grown



Caught



Reared