

Year 3-Design and Technology-Chinese Food

In this unit of work children will explore Chinese food as part of their learning about food around the world. Children will have opportunities to explore it's ingredients and where the food comes from. They will also taste and make Chinese food.

In this unit children will:

- Learn about what food is popular in China.
- Learn about what ingredients Chinese people and chefs use in their cooking.
- Consider where food comes from and whether it is grown, reared or caught.
- Learn how to cook and prepare a variety of Chinese dishes.
- Explore a range of cooking techniques including peeling, chopping, mixing, grating, kneading, spreading.
- Examine a healthy diet and the food groups needed for a balance diet using the Eat Well Plate.
- Compare and contrast British and Chinese food sources and dishes.
- Begin to know how healthy food and drink provide energy for the body and distinguish healthy high energy foods.
- Learn about famous Chinese chefs.
- Learn about seasonality in food sources.
- Evaluate food made and discuss what they could have improved/done differently.

Prior Learning

EYFS: Understand the importance of a healthy diet, talk about ways to keep healthy and safe. Safely use and explore tools and techniques. Begin to develop a food vocabulary using taste, smell, texture and feel. Start to think about the need for a variety of foods in a diet. Measure and weigh food items using non-standard measurements e.g. spoons and cups.

Year 1: Healthy food/diet, Eat Well Plate and 5 different food groups, common sources of food, the need for a variety of food for a balanced diet, how to prepare food hygienically, food preparation techniques-cutting, grating, peeling, slicing, dishes from other countries.

Year 2: Healthy salads/fruit salads, understand that food comes from plants and animals, understanding of where food comes from-farmed, grown, caught/different countries, name and sort food into different food groups, recognise the need for a variety of different food types, knows how to be healthy and active, how food provides energy, dishes/food from different countries.

Cross Curricular Links:

Topic: Shang Dynasty

Literacy: Dragons/Stories from other Cultures

History: Shang Dynasty

Art: Shang Dynasty/Chinese Art

Key Vocabulary

- **Eat Well Plate:** pictorial summary of the main food groups and their recommended proportions for a healthy diet.
- **Rearing:** to look after animals in order to sell/eat them for their meat.
- **Growing:** growing fruits/vegetables to eat.
- **Catching :**a food source caught e.g. fish.
- **Chop sticks:** an eating implement used traditionally and when eating Chinese food. They date back to over 5,000 years ago.
- **Culinary Traditions:** in China there are 8 culinary traditions: Cantonese, Shandong, Zhejiang, Jiangsu, Szechuan, Anhui, Fujian, and Hunan that all have different styles and tastes.
- **Wonton:** a food staple that is steamed/fried, made with flour and often filled with pork and fresh vegetables.
- **Dumpling:** dating back to over 2,000 years ago it is often consumed at festival and often contains sweet fillings.
- **Peking Duck:** a royal delicacy of roasted duck in a red sweet sauce, often served with delicate pancakes made of millet flour.
- **Mapo Tofu:** popular Chinese dish from Sichuan province.
- **Spring Roll:** traditionally from Southern provinces of China it is a dough that is shallow fried with vegetable and or meat fillings.
- **Dongpo Rou:** pork belly in a red style sauce.
- **Chow Mein:** Chinese stir-fried noodles with vegetables and sometimes meat or tofu.

Key Questions

- What food is traditional/popular in China?
- What ingredients are used in Chinese cooking?
- Where do the ingredients come from? Are they reared, caught or grown?
- What are the similarities and differences between British and Chinese food?
- How does seasonality affect food eaten in China?
- What cooking techniques does Chinese cooking use?

Key Knowledge

- To know that China has 8 distinct culinary traditions and they each have different style, flavours and ingredients.
- To know some popular dishes include: wontons, spring rolls, Peking duck, Chow Mein and dumplings.
- To know that some common ingredients used in Chinese cooking include fish, pork, chicken and beef, vegetables, rice, noodles and soya.
- To know that people in China catch, rear and grow their food sources.
- To know that ingredients are the main difference between British and Chinese food but that modern Britain consumes a large amount of Chinese food sources and dishes.
- To know that China consumes lots of seasonal products available to them.
- To know that in China food is often steamed, boiled or fried.

