Root to roll

Knowledge organiser

Year 3

Root

Root vegetables are vegetables that grow **under the ground**.

They grow from the **root of the plant**.

Common root vegetables include: carrots, beetroot, potatoes, parsnips and radishes.

Root vegetables are often **crunchy** and add **colour** and ***flavour*** to food.





Seasonal vegetables

Seasonal food is food that grows best at **certain times of the year**.

Seasonal vegetables are often ***fresher*** and **tastier**. Some grow better in summer and others in winter, autumn or spring.

Vegetables may still be in shops **out of season** because they are grown in greenhouses or brought from other countries.



Key vocabulary

assemble	balance	combine	flavour
fold	grated	healthy	ingredients
local	prepare	raw	seasonal
slice	texture	vegetable	wash

Healthy choices

A **balanced diet** means eating a mix of different foods.

Eating lots of ***fruit and vegetables*** helps keep our bodies and minds healthy.

Some foods help our bodies **every day**, and some foods are best eaten **sometimes**.

Healthy eating is about **balance** and **variety**.



Peeling, chopping and grating

Peeling removes the skin from vegetables.



Chopping and slicing cuts food into smaller pieces.



Grating makes food into thin pieces.



These **skills** are useful for many dishes.

Safety



- Wash your hands before and after cooking.
- Listen to the adult.
- Use utensils slowly and carefully.
- Keep your fingers away from blades.
- Do not walk around with utensils.
- Do not put utensils or food in your mouth when cooking.
- Wait for an adult to say it's safe to eat.

Design steps

Research – find out about vegetables and dishes

Design – choose and plan your ingredients

Make – prepare and make your food safely

Evaluate – taste your food and say what you think