

Ashtree Primary School and Nursery Medium Term Plan for DT

Year 6 – Food and Nutrition – Greek Food

Key Vocabulary

Food: measure, mix, snip, cut, grate, peel, stir, combine, rub, spread, beat, crack, drain, crush, sieve, bacteria, separate, claw grip, whisk, blend, mash, bridge grip, dice

Prior Knowledge

Know how to follow a simple recipe/instructions. Understand what a balanced diet is, begin to understand the nutrients in food that keep the body healthy and active, know how to use the eatwell guide, understand the value of eating sociably with others and understand how to keep hydrated. They should begin to understand the importance of eating regular meals, eating a healthy breakfast and appropriate portion sizes for meals.

Skills:

weighing and measuring ingredients with accuracy, confidently and independently able to follow a recipe and make simple adaptations, use cutting techniques that require them to cut food up finely and in evenly sized pieces and begin to separate eggs

Knowledge:

They should know how use the Eatwell Guide to help them to make healthy food choices, understand the main food groups and different nutrients that are important for health, know appropriate portion sizes and the importance of not skipping meals, including breakfast..

KS2 Design and Technology: Cooking and Nutrition National Curriculum

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Design and Evaluate

Children can be taught key knowledge by learning the skills below:

- ❖ Investigate and analyse a range of existing products, expressing own opinions on these.
- ❖ Explore nutritional values on labels of products and use these to inform on healthy choices. Create a design criteria for own product.
- ❖ Cooking skills - hygiene and safe cutting skills
- ❖ Make sweet and savoury dishes to produce a healthy meal
- ❖ Design a sweet and savoury product to create a healthy meal
- ❖ Evaluate dishes

Curriculum Enhancements and Designers

- ❖ Discuss examples where they may have seen healthy meals be prepared/made, television shows such as Jamie Oliver, MasterChef etc – explore the opportunity to watch some clips from these.
- ❖ Discuss where designing a healthy meal is important in real life – eg designing menu for school dinners, menus for restaurants etc.
- ❖ Explore opportunity to visit an establishment where food is prepared?

Misconceptions

- ❖ Order of design sequence – eg must a design *always* come before you make anything? Could a tester product be made to inform choices for final dish design
- ❖ Evaluation of product – if final design does not match the initial design a bad thing? Can it be good? What can be learnt from adapting our designs?

Suggested Activities

- ❖ Explore existing products – discuss any packing, ingredients etc. Opportunity for food tasting (check for allergies/permission first)
- ❖ Explore nutrition values/ingredients of products – why are these important? How can they be used to help us with our own ideas?
- ❖ Designing a savoury and sweet dish that together make a healthy meal
- ❖ Make healthy meal
- ❖ Taste dishes and evaluate them – did they taste good? If you look carefully at the ingredients used do the nutritional values make the whole meal healthy?

Curriculum links

- ❖ Science – healthy living and diet
- ❖ PSHE – healthy lifestyles
- ❖ Maths – measurements, weighing ingredients

This will lead children..

- ❖ Develop and secure an understanding of what makes a healthy diet and meal
- ❖ Explain to someone how they could make a meal or dish more healthy (eg suggest ingredient substitutions)
- ❖ Make appropriate choices to make their own diets more healthy