



Design & Technology

Food

Year 5

Summer Term

## Statutory Requirements

### Cooking & Nutrition

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.

Pupils will be taught to:

- 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

## Key Knowledge

<b>Research</b>	Finding out ideas and/or information
<b>Existing products</b>	Products which have already been made.
<b>Design</b>	Thinking and creating ideas to solve a problem or meet a purpose
<b>Prototype</b>	A trial/test of a product before the final version.
<b>Target Market</b>	A group of people who will benefit/use the product.
<b>Evaluate</b>	To check and make decisions throughout the design and making process are going to plan. To judge the quality of the final product

## Prior learning

Food is taught in every year. In year 4 children looked at cooking different healthy meals with a pasta base and looked at improving aspects of the original recipe.

## Key Vocabulary (Food)

Spelling	Definition
<b>Diet</b>	Food and drink consumed by a person
<b>Balanced diet</b>	Eating the right amounts of food in each food group to maintain good health
<b>Food groups</b>	A collection of foods which have similar nutritional values
<b>Food Hygiene</b>	Ways food is kept safe and clean to eat so people don't get ill.
<b>Nutrition</b>	Nutrients are in the food we eat so our bodies can function well.
<b>Ingredients</b>	Foods which are put together to make a food product.
<b>Utensils</b>	Equipment or tools used for making food products.

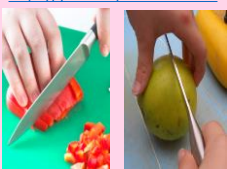
## Experiences (e.g. variety of meals with varied carbohydrates and protein)

- Recap what a balance diet is with the different food groups and look at where different foods come from.and what seasons we get certain foods.
- Investigate different existing ideas of recipes
- Create own design ideas to meet needs of target market.
- Practice using practical skills safely and hygienically which will include using an oven and hob (include cooking meat)
- Make basic product by following a recipe and evaluate to decide on improvements for a unique final design.
- Be able to scale it up for down.
- Look at how/where foods should be stored and why.
- Use CAD (e.g. make a label, ingredients list)
- Make own final product with improvements and evaluate.

## Safe practical techniques

### Cutting

<https://youtu.be/MVuKxKvniME>  
<https://youtu.be/MPnBzCk3NL4>



### Crush



### Grating

<https://youtu.be/v4keMEH7CIU>



### Peeling

<https://youtu.be/v4keMEH7CIU>



### Mix



### Saute

