

## LENT TERM 2

### DESIGN AND TECHNOLOGY – YEAR 5 - MEDIUM TERM PLANNING – COOKING AND NUTRITION (SEASONAL SOUP)

<u>LESSON 1</u>	<u>LESSON 2</u>	<u>LESSON 3</u>
<p><b>TECHNICAL KNOWLEDGE</b> <b>LEARNING INTENTION:</b> To know that seasonality is the time of year when the harvest or flavour of a type of food is at its best.</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Begin to understand seasonality of foods.</li> </ul> <p><b>Aim:</b> Understand and apply the principles of nutrition and learn how to cook.</p>	<p><b>TECHNICAL KNOWLEDGE</b> <b>LEARNING INTENTION:</b> To know that a healthy diet provides all the nutrients needed. (Recap from Y3)</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Explain how there are different substances in food / drink needed for health.</li> </ul> <p><b>Aim:</b> Understand and apply the principles of nutrition and learn how to cook.</p>	<p><b>TECHNICAL KNOWLEDGE</b> <b>LEARNING INTENTION:</b> To know that there are different food preparation techniques.</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Use range of techniques such as <b>peeling, chopping, slicing, grating, mixing, spreading, kneading</b> and baking.</li> </ul> <p><b>Aim:</b> Understand and apply the principles of nutrition and learn how to cook.</p>
<p><b>Key Vocabulary:</b> seasonal, vegetables, ingredients, varieties, raw.</p>	<p><b>Key Vocabulary:</b> calories, nutritional, proportion, balanced diet.</p>	<p><b>Key Vocabulary:</b> hygiene, micro-organisms, dicing, peeling, grating, boiling, steaming, or sautéing.</p>
<p><b>Recap and Retrieval</b></p>	<p><b>Recap and Retrieval</b></p> <ul style="list-style-type: none"> <li>• Buying seasonal food is beneficial for many reasons such as the food tastes better.</li> </ul>	<p><b>Recap and Retrieval</b></p> <ul style="list-style-type: none"> <li>• Buying seasonal food is beneficial for many reasons such as the food tastes better.</li> <li>• Nutritional value is the amount of protein, carbohydrate, fat, minerals and vitamins in a food or a meal.</li> </ul>
<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p>	<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p>	<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p> <ul style="list-style-type: none"> <li>• Food hygiene is important to prevent the spread of disease-causing microorganisms.</li> </ul>

- Seasonality is the time of year when the harvest or flavour of a type of food is at its best.
- Buying seasonal food is beneficial for many reasons such as the food tastes better.

**Teacher:**

- It is fresher because it has not been transported thousands of miles; the nutritional value is higher; the carbon footprint is lower, due to reduced transport; it supports local growers and is usually cheaper.

- Nutritional value is the amount of protein, carbohydrate, fat, minerals and vitamins in a food or a meal.
- It is important to eat a balanced diet to provide all the nutrients the body needs in the correct quantities.

**Teacher:**

- Meals need careful planning to provide the right balance of nutrients and make use of seasonal ingredients.
- This means eating a wide variety of foods in the correct proportions.

- Foods can be prepared and cooked in a variety of ways to achieve different results.

**Teacher:**

- Dicing - Cutting food into small cubes measuring approximately half a centimetre.
- Peeling - Removing the skin of a fruit or vegetable, either with your fingers or with a knife or peeler.
- Grating - Rubbing food against a grater to create small, shredded pieces.
- Boiling - Water is heated on a hob, so it moves vigorously and bubbles burst and roll on the surface. This method is used for cooking potatoes and pasta.
- Steaming - The steam from boiling water rises and cooks food held above the water by a perforated pan. This method is used for cooking fish and vegetables.
- Sautéing - A small amount of butter or oil is used in a shallow pan over high heat to fry vegetables or meat until brown.

**LENT TERM 2**

**DESIGN AND TECHNOLOGY – YEAR 5 - MEDIUM TERM PLANNING – COOKING AND NUTRITION (SEASONAL SOUP)**

<u>LESSON 4</u>	<u>LESSON 5</u>	<u>LESSON 6</u>
<p><b>DESIGN</b> <b>LEARNING INTENTION:</b> To know that different ingredients are needed for a healthy seasonal soup.</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>Describe how recipes can be adapted to change appearance, taste, texture, aroma.</li> </ul> <p><b>Aim:</b> Understand and apply the principles of nutrition and learn how to cook.</p>	<p><b>MAKE</b> <b>LEARNING INTENTION:</b> To know that measuring and accuracy is important when preparing a meal.</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>Prepare and cook some savoury dishes safely and hygienically including, where appropriate, use of heat source.</li> </ul> <p><b>Aim:</b> Understand and apply the principles of nutrition and learn how to cook.</p>	<p><b>EVALAUATE</b> <b>LEARNING INTENTION:</b> To know that evaluating their peers' products can improve their own design criteria.</p> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>Present product well - interesting, attractive, fit for purpose.</li> </ul> <p><b>Aim:</b> Critique, evaluate and test their ideas and products and the work of others.</p>
<p><b>Key Vocabulary:</b> seasonal, ingredients, techniques, nutrients, <b>flavour, spicy, taste</b></p>	<p><b>Key Vocabulary:</b> spices, flavour, <b>cooking, savoury, measure, accurate.</b></p>	<p><b>Key Vocabulary:</b> Salty, sweet, spicy, delicious, <b>reflection, evaluate, presentation</b></p>
<p><b>Recap and Retrieval</b></p> <ul style="list-style-type: none"> <li>Buying seasonal food is beneficial for many reasons such as the food tastes better.</li> <li>Nutritional value is the amount of protein, carbohydrate, fat, minerals and vitamins in a food or a meal.</li> <li>Food hygiene is important to prevent the spread of disease-causing microorganisms.</li> </ul>	<p><b>Recap and Retrieval</b></p> <ul style="list-style-type: none"> <li>Buying seasonal food is beneficial for many reasons such as the food tastes better.</li> <li>Nutritional value is the amount of protein, carbohydrate, fat, minerals and vitamins in a food or a meal.</li> <li>Food hygiene is important to prevent the spread of disease-causing microorganisms.</li> <li>Spices can be used to enhance the flavour of our foods.</li> </ul>	<p><b>Recap and Retrieval</b></p> <ul style="list-style-type: none"> <li>Buying seasonal food is beneficial for many reasons such as the food tastes better.</li> <li>Nutritional value is the amount of protein, carbohydrate, fat, minerals and vitamins in a food or a meal.</li> <li>Food hygiene is important to prevent the spread of disease-causing microorganisms.</li> <li>Spices can be used to enhance the flavour of our foods.</li> <li>The amount of an ingredient can change the taste, colour and smell of the product.</li> </ul>

<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p> <ul style="list-style-type: none"> <li>Spices can be used to enhance the flavour of our foods.</li> <li>The design criteria in cooking are recipes.</li> </ul> <p><b>Teacher:</b></p> <ul style="list-style-type: none"> <li>Savoury dishes usually have a salty or spicy flavour rather than a sweet one.</li> <li>To know that reflection is a key part of the design process.</li> </ul>	<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p> <p>The amount of an ingredient can change the taste, colour and smell of the product.</p> <p><b>Teacher:</b></p> <ul style="list-style-type: none"> <li>Food hygiene is important to prevent the spread of disease-causing microorganisms.</li> </ul>	<p><b>Key Knowledge:</b></p> <p><b>Child:</b></p> <ul style="list-style-type: none"> <li>Discussions with peers can help discover improvements.</li> <li>Asking questions can help others to evaluate their products.</li> </ul> <p><b>Teacher:</b></p> <p>Evaluation of a product includes taste, nutritional value and presentation.</p>
<p><b>Assessment</b></p> <p>Cumulative quiz. Retrieval practice.</p>		