

ADVENT TERM
Design Technology – Year 6 - Medium Term Planning – Food and Nutrition
Plan and make a healthy menu

LESSON 1	LESSON 2	LESSON 3
<p>LEARNING INTENTION: To know that processed foods are unhealthy.</p> <p>Skills: To create a detailed comparative report about two or more products or inventions.</p> <p>Aim: Build and apply a repertoire of knowledge understanding and skills in order to design and make high quality products for a wide range of users.</p>	<p>LEARNING INTENTION: To know that two products can be compared to identify pros and cons for each product.</p> <p>Skills: To create a detailed comparative report about two or more products or inventions.</p> <p>Aim: Build and apply a repertoire of knowledge understanding and skills in order to design and make high quality products for a wide range of users.</p>	<p>LEARNING INTENTION: To know that organic food is healthier.</p> <p>Skills: To follow a recipe that requires a variety of techniques and source the necessary ingredients independently.</p> <p>Aim: Build and apply a repertoire of knowledge understanding and skills in order to design and make high quality products for a wide range of users.</p>
<p>Key Vocabulary: Processed, pasteurised, freezing, appearance, value for money, taste.</p>	<p>Key Vocabulary: Texture, knead, prove, comparisons, processed, leaving agents, yeast.</p>	<p>Key Vocabulary: Homemade, nutritional, hygiene, whole foods, organic, additives, pesticides</p>
<p>Recap & retrieval (Recap Y4)</p> <ul style="list-style-type: none"> To know that a balanced diet gives your body all the nutrients it needs to function correctly. This means eating a wide variety of foods in the correct proportions. 	<p>Recall & retrieval</p> <ul style="list-style-type: none"> Ultra-processed foods have been through significant changes, have added ingredients and often a low nutritional value. 	<p>Recall & retrieval</p> <ul style="list-style-type: none"> Ultra-processed foods have been through significant changes, have added ingredients and often a low nutritional value. Products and inventions can be compared using a range of criteria, such as the impact on society, ease of use, appearance and value for money.
<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> There are different categories of processed foods. Ultra-processed foods have been through significant changes, have added ingredients and often a low nutritional value. 	<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> Products and inventions can be compared using a range of criteria, such as the impact on society, ease of use, appearance and value for money. Sliced bread is processed. It can contain many more ingredients than homemade 	<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> Organic produce is food that has been grown without the use of man-made fertilisers, pesticides, growth regulators or animal feed additives. <p>Teacher:</p>

<ul style="list-style-type: none"> • A processed food is changed during preparation and includes processes, such as cooking, freezing, pasteurising, or the addition of ingredients. <p>Teacher:</p> <ul style="list-style-type: none"> • Pros of processed foods include convenience and availability. Cons include a lack of nutrients and unhealthy ingredients. • People's lives have been improved in countless ways due to new inventions and designs. • Products and inventions can be compared using a range of criteria, such as the impact on society, ease of use, appearance and value for money. 	<p>bread, including preservatives and artificial ingredients.</p> <ul style="list-style-type: none"> • Yeast is a leavening agent that makes bread rise. • Kneading is a technique used to make bread dough. • Proving means to leave bread dough, which contains yeast, to rise. • <p>Teacher:</p> <ul style="list-style-type: none"> • Ingredients can usually be bought at supermarkets, but specialist shops may stock different items. • Greengrocers sell fruit and vegetables, butchers sell meat, fishmongers sell fresh fish and delicatessens usually sell some unusual prepared foods, as well as cold meats and cheeses. 	<ul style="list-style-type: none"> • Organic farmers use crop rotation, animal and plant manures, hand-weeding and biological pest control. • A recipe provides information to prepare a dish, including ingredients, quantities and a method. They may also contain nutritional information.
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LESSON 4	LESSON 5	LESSON 6
<p>LEARNING INTENTION: To know that a healthy diet consists of a balanced proportion of foods.</p> <p>Skills: To plan a healthy daily diet, justifying why each meal contributes towards a balanced diet.</p> <p>Aim: Develop the creative, technical, and practical expertise to perform everyday tasks confidently and to participate successfully in an increasingly technological world.</p>	<p>LEARNING INTENTION: To know that preparation of equipment and ingredients is essential for following the design criteria.</p> <p>Skills: To follow the recipe using the appropriate tools and ingredients.</p> <p>Aim: Develop the creative, technical, and practical expertise to perform everyday tasks confidently and to participate successfully in an increasingly technological world.</p>	<p>LEARNING INTENTION: To know that the design process is continuous and changes can be made throughout.</p> <p>Skills: To demonstrate modifications made to a product as a result of ongoing evaluation by themselves and to others.</p> <p>Aim: Critique, evaluate and test their ideas and products and the work of others.</p>
<p>Key Vocabulary: Balanced diet, justify, design criteria, Eat Well plate, proportion, healthy, nutrients.</p>	<p>Key Vocabulary: Recipe, techniques, chopping, slicing, dicing, kneading and mashing, boiling, roasting, frying and baking</p>	<p>Key Vocabulary: Evaluate, compare, amendments, modifications, recipe.</p>
<p>Recall & retrieval</p> <ul style="list-style-type: none"> • Ultra-processed foods have been through significant changes, have added ingredients and often a low nutritional value. • Products and inventions can be compared using a range of criteria, such as the impact on society, ease of use, appearance and value for money. • Organic produce is food that has been grown without the use of man-made fertilisers, pesticides, growth regulators or animal feed additives. 	<p>Recall & retrieval</p> <ul style="list-style-type: none"> • Ultra-processed foods have been through significant changes, have added ingredients and often a low nutritional value. • Products and inventions can be compared using a range of criteria, such as the impact on society, ease of use, appearance and value for money. • Organic produce is food that has been grown without the use of man-made fertilisers, pesticides, growth regulators or animal feed additives. • Eating a balanced diet is a positive lifestyle choice that should be sustained over time. 	<p>Recall & retrieval</p> <ul style="list-style-type: none"> • Ultra-processed foods have been through significant changes, have added ingredients and often a low nutritional value. • Products and inventions can be compared using a range of criteria, such as the impact on society, ease of use, appearance and value for money. • Organic produce is food that has been grown without the use of man-made fertilisers, pesticides, growth regulators or animal feed additives. • Eating a balanced diet is a positive lifestyle choice that should be sustained over time.

		<ul style="list-style-type: none"> A recipe needs to be followed exactly because different measurements of ingredients can affect the outcome of the product.
<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> Eating a balanced diet is a positive lifestyle choice that should be sustained over time. Food that is high in fat, salt or sugar can still be eaten occasionally as part of a balanced diet. <p>Teacher:</p> <ul style="list-style-type: none"> The Eat well plate has a pictorial representation about the proportions of eat food group a person should have. The design criteria must be met for the product to be successful. 	<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> A recipe needs to be followed exactly because different measurements of ingredients can affect the outcome of the product. Techniques include preparation techniques, such as chopping, slicing, dicing, kneading and mashing, and cooking techniques, such as boiling, roasting, frying and baking. <p>Teacher:</p> <ul style="list-style-type: none"> Ingredients can usually be bought at supermarkets, but specialist shops may stock different items. Greengrocers sell fruit and vegetables, butchers sell meat, fishmongers sell fresh fish and delicatessens usually sell some unusual prepared foods, as well as cold meats and cheeses. 	<p>Key Knowledge:</p> <p>Child:</p> <ul style="list-style-type: none"> Evaluating a product while it's being manufactured, and explaining these evaluations to others, can help to refine it. <p>Teacher:</p> <ul style="list-style-type: none"> Design is an iterative process, meaning alterations and improvements are made continually throughout the manufacturing process.
<p>Assessment Cumulative Quiz. Retrieval Practice.</p>		