

ADVENT TERM
DESIGN AND TECHNOLOGY – YEAR 6 - MEDIUM TERM PLANNING – COOKING AND NUTRITION
Breadmaking

<u>LESSON 1</u>	<u>LESSON 2</u>	<u>LESSON 3</u>
Cooking and Nutrition LEARNING INTENTION: To know that processed foods are unhealthy. Disciplinary Knowledge: <ul style="list-style-type: none"> Learn about food processing methods. 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.	Cooking and Nutrition LEARNING INTENTION: To know that two products can be compared to identify pros and cons for each product. Disciplinary Knowledge: <ul style="list-style-type: none"> Adapt recipes to change appearance, taste, texture or aroma. 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.	Cooking and Nutrition LEARNING INTENTION: To know that organic food is healthier. Disciplinary Knowledge: <ul style="list-style-type: none"> Name some types of food that are grown, reared or caught in the UK or wider world. 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.
Key Vocabulary: processed, ultra-processed, pasteurised, freezing, appearance, nutritional, value for money, taste	Key Vocabulary: texture, knead, prove, comparisons, processed, leaving agents, yeast	Key Vocabulary: homemade, nutritional, hygiene, whole foods, organic, additives, pesticides
Recap & retrieval (Recap Y4) 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.	Recall & retrieval <ul style="list-style-type: none"> Ultra-processed foods have been through significant changes, have added ingredients and often a low nutritional value. 	Recall & retrieval <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.
Key Knowledge:	Key Knowledge:	Key Knowledge:

<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. 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>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 bread, including preservatives and artificial ingredients. 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. 	<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"> 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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<u>LESSON 4</u>	<u>LESSON 5</u>	<u>LESSON 6</u>
<p>Design</p> <p>LEARNING INTENTION: To know that a healthy diet consists of a balanced proportion of foods.</p> <p>Disciplinary Knowledge:</p> <ul style="list-style-type: none"> • Make design decisions, considering, resources and cost. <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>Cooking and Nutrition</p> <p>LEARNING INTENTION: To know that preparation of equipment and ingredients is essential for following the design criteria.</p> <p>Disciplinary Knowledge:</p> <ul style="list-style-type: none"> • Prepare and cook a variety of savoury dishes safely and hygienically including, where appropriate, the use of heat source. • Use a range of techniques confidently such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking. <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>Evaluate</p> <p>LEARNING INTENTION: To know that the design process is continuous and changes can be made throughout.</p> <p>Disciplinary Knowledge:</p> <ul style="list-style-type: none"> • Test and evaluate final product; explain what would improve it and the effect different resources may have had. <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:</p>	<p>Key Vocabulary: evaluate, compare, amendments, modifications, recipe</p>

	recipe, techniques, ingredients , chopping, slicing, dicing, kneading, mashing, boiling, roasting, frying, baking	
Recall & retrieval <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. 	Recall & retrieval <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. 	Recall & retrieval <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. A recipe needs to be followed exactly because different measurements of ingredients can affect the outcome of the product.
Key Knowledge: Child: <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. Teacher: <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. 	Key Knowledge: Child: <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. Teacher: <ul style="list-style-type: none"> Ingredients can usually be bought at supermarkets, but specialist shops may stock different items. 	Key Knowledge: Child: <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. Teacher: <ul style="list-style-type: none"> Design is an iterative process, meaning alterations and improvements are made continually throughout the manufacturing process.

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| | <ul style="list-style-type: none">• 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. | |
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Assessment

Cumulative Quiz. Retrieval Practice.