



Medium Term Planning

Subject: Design and Technology



Term and Year:	Spring Term 2 - 2022 – Year 5 and 6
Teacher:	Mr. Churchill and Mrs. Appleby
Subject:	Design and Technology
Key Themes:	Food – What could be healthier?
Memorable Experience:	Cooking in a kitchen environment – Easington Academy
Vocabulary that will be taught:	Cross-contamination, ethical issues, ingredients, nutrients, packaging, reared, substitute, vegan, vegetarian, welfare

National Curriculum Objectives:

Key Stage Two:

Cooking and 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 should 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.

Design & Technology skills that will be taught and assessed:

Design:

- adapting an existing recipe

Make:

- cutting, preparing and cutting vegetables and meat hygienically, using kitchen equipment such as knives, hot pans and hobs in a safe manner, recognising when meat is cooked.

Evaluate:

- tasting and feeding back on existing pre-made Bolognese sauces, suggesting substitute ingredients

Technical Knowledge:

- knowing where meat comes from and understand ethical issues around beef, identifying the nutritional values and contents on packaged food, making healthier ingredient swaps

Focus of each lesson 'Can I...' Statement(s)		Activities/Key points
Lesson 1	<p><u>Learning Objective:</u> Can I explain where food comes from?</p> <p><u>Success Criteria:</u></p> <ul style="list-style-type: none"> • I can explain how beef is reared and processed. • I can demonstrate an understanding of ethical issues around the way in which cattle should be farmed. 	<p>Children to learn how beef, the main ingredient of a Bolognese sauce, is farmed. They will also consider the key welfare issues surrounding the rearing of cattle.</p> <p>Children will produce a poster that outlines the process of bringing beef to supermarket shelves or about cattle welfare – explaining the RSPCA's 'Five Freedoms'.</p>
Lesson 2	<p><u>Learning Objective:</u> Can I show understanding of the term 'healthy'?</p> <p><u>Success Criteria:</u></p> <ul style="list-style-type: none"> • I can explain what foods make up a balanced diet. • I can adapt a recipe with healthy substitutions and additions. 	<p>Children will taste test two Bolognese sauces to compare their nutritional values. Discuss what the term 'healthy' means and write a definition. They will then decide which sauce they think is healthier and discuss why.</p> <p>After familiarising themselves with the ingredients that might be found in Bolognese recipes, children will then search for recipes online – noting ingredients and quantities that are noticeably different from recipe to recipe.</p> <p>Then, after researching variations of the recipe, they will work in small groups to decide on ingredients for a healthier alternative.</p>
Lesson 3	<p><u>Learning Objective:</u> Can I adapt a traditional recipe?</p> <p><u>Success Criteria:</u></p> <ul style="list-style-type: none"> • I can alter the nutritional value of a recipe by removing, substituting or adding additional ingredients. • I can write a healthier, amended recipe with relevant changes to ingredients. 	<p>Children will consider the Bolognese recipes that they came up with in groups in the previous lesson. Recap what it means for a recipe to be healthy – then, after working out the nutritional values of their recipes, decide which recipe is healthier.</p> <p>Having decided which sauce they will make, children will work in small groups to write a recipe method for their own Bolognese sauce with healthy ingredients. Then each group will give their recipe a name and decide on a brand name that represents the values of their product.</p>

Lesson 4	<p><u>Learning Objective:</u> Can I complete a food product?</p> <p><u>Success Criteria:</u></p> <ul style="list-style-type: none"> • I can use equipment safely, including knives, hot pans and hobs. • I can carefully follow a method to make a recipe. • I know how to avoid cross-contamination. 	<p>Children will work together to make their own Bolognese sauces, following the recipe methods that they wrote in the previous lesson. Attention will be drawn to the cutting of the onion, not mixing chopping boards (separate for meat and vegetables), how to ensure meat is cooked properly and what is meant by cross-contamination.</p> <p>After planning, making and cooking, they will also design packaging that promotes it as a healthy and ethical choice.</p>
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