

Year: 4 Program of Study: Food – Healthy and varied diet.

N.C POS:

- *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.*
- *Know where and how a variety of ingredients are grown, reared, caught and processed.*

Concept: celebrations, diversity, similarity and difference, decades, change, location, society, food.

Key Vocabulary: Utensils, ingredients, texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury, hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested, healthy/varied diet, planning, design criteria, purpose, user, sensory evaluations.

Prior Learning: Have some understanding and knowledge about food hygiene and nutrition. Have some understanding of the use of appropriate equipment and utensils. Have started to consider and used sensory evaluations.

Core Knowledge- non-negotiable

Designing

- Generate and clarify ideas through discussion with peers and adults to develop design criteria including appearance, taste, texture and aroma for an appealing product for a particular user and purpose.
- Use annotated sketches and appropriate information and communication technology, such as web-based recipes, to develop and communicate ideas.

Making

- Plan the main stages of a recipe, listing ingredients, utensils and equipment.
- Select and use appropriate utensils and equipment to prepare and combine ingredients.
- Select from a range of ingredients to make appropriate food products, thinking about sensory characteristics.

Evaluating

- Carry out sensory evaluations of a variety of ingredients and products. Record the evaluations using tables and simple graphs.
- Evaluate the ongoing work and the final product with reference to the design criteria and the views of others.

Wider Influences

- Understand how key chefs have influenced eating habits to promote varied and healthy diets.
- Understand about seasonality in relation to food products and the source of different food products.
- Make, decorate and present the food product appropriately for the intended user and purpose.
- Off-site educational visit
- Stories
- Picnics
- Healthy eating
- Religious festival

- Eco-fair/green days
- Cultural focus day

Enduring Understanding

- Know how to use appropriate equipment and utensils to prepare and combine food.
- Know about a range of fresh and processed ingredients appropriate for their product, and whether they are grown, reared or caught.
- Know and use relevant technical and sensory vocabulary appropriately.