

Year: 5 Program of Study: Food – Celebrating culture and seasonality

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.*
- *Understand seasonality and 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: ingredients, yeast, dough, bran, flour, wholemeal, unleavened, baking soda, spice, herbs, fat, sugar, carbohydrate, protein, vitamins, nutrients, nutrition, healthy, varied, gluten, dairy, allergy, intolerance, savoury, source, seasonality, utensils, combine, fold, knead, stir, pour, mix, rubbing in, whisk, beat, roll out, shape, sprinkle, crumble, design specification, innovative, research, evaluate, design brief.

Prior Learning: Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet. Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.

Core Knowledge- non-negotiable

Designing

- Generate innovative ideas through research and discussion with peers and adults to develop a design brief and criteria for a design specification.
- Explore a range of initial ideas and make design decisions to develop a final product linked to user and purpose.
- Use words and annotated sketches to develop and communicate ideas.

Making

- Write a step-by-step recipe, including a list of ingredients, equipment and utensils.
- Select and use appropriate utensils and equipment accurately to measure and combine appropriate ingredients.
- Make, decorate and present the food product appropriately for the intended user and purpose.

Evaluating

- Carry out sensory evaluations of a range of relevant products and ingredients. Record the evaluations using e.g. tables/graphs.
- Evaluate the final product with reference back to the design brief and design specification, taking into account the views of others when identifying improvements.

Wider Influences

- Festivals
- Cultures/celebrating diversity
- Celebrations
- Special events
- Seasons
- Sustainability

Design and Technology Y5 - Food

- Food
- Our local community

Enduring Understanding

- Know how to use utensils and equipment to prepare and cook food.
- Understand about seasonality in relation to food products and the source of different food products.
- Know and use relevant technical and sensory vocabulary.