



Food

Celebrating culture and seasonality

Y5

In this unit, we will design, make and evaluate a yeast-based snack for children.

Knowing More Remembering More:

Remembering previous learning

How do we get our food? Food is either grown (e.g., apples), reared (e.g., cows are raised for meat and milk) or caught (e.g., fish). In order for food to get from the farm to our homes, it must go through an important journey which is known as 'farm to fork':

What is processed food? Processed foods refer to any food that's changed from its natural state. This can include food that was simply cut, washed, heated, pasteurized, canned, cooked, frozen, dried, dehydrated, mixed, or packaged. It also can include food that has added preservatives, nutrients, flavours, salts, sugars, or fats.

Are processed foods good for you? Eating too many processed foods is not good for our bodies or our brains.

What is the NHS Eatwell Guide? The NHS Eatwell Guide shows how much we should eat from each food group to achieve a healthy, balanced diet.

Skills

I will be able to:

Design:

- 5.3 Sketch and model alternative ideas.
- 5.4 Decide which design idea to develop.
- 5.5 Devise step-by-step plans

Make:

- 5.7 Use a wide range of materials using research to inform decisions
- 5.8 Use a wide range of tools to measure, mark out and assemble accurately.
- 5.9 Use a range of finishing techniques accurately

Evaluate:

- 5.11 Research and evaluate existing products using technical vocabulary (including book and web based research)
- 5.13 Evaluate my product as they make and identify what needs to be improved.
- 5.15 Identify the strengths and areas for development in my work, considering the views of others to improve my work.

Techniques

Possible products



Biscuits

Savoury scones

Savoury muffins

Possible techniques that children could use



Mixing to combine ingredients if making savoury muffins or scones

Rubbing in to mix fat and flour if making a yeast based product

Kneading a bread dough

Vocabulary

Technical 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.

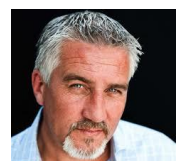
Process vocabulary

Utensils, combine, fold, knead, stir, pour, mix, rubbing in, whisk, beat, roll out, shape, sprinkle, crumble, design specification, innovative, research, evaluate, design brief, names of equipment and utensils

Inspiring Individuals



Ken Hom



Paul Hollywood

Knowing More Remembering More:

Knowing more in Y5

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