

Year 5 DT What Could Be Healthier?

Key Skills

1. To understand where food comes from
2. To understand the term 'healthy'
3. To adapt a traditional recipe
4. To complete a food product

Vocab/Key Words

Beef - Meat that comes from a cow

Cross-contamination - Cross-contamination is how bacteria can spread. It happens when liquid from raw meats or germs from unclean objects touch cooked or ready-to-eat foods.

Farm - Land or water used to produce crops or raise animals for food.

Method - Following a process or list of instructions.

Packaging - The packet which holds a product safe, ready to be sold and has information on about the product.

Welfare - The health and happiness of a person or animal.

Key Knowledge

The Farm to Fork Process

Kapow
Primary



Previous Learning

- ◆ Adapting a recipe (Year 4)
- ◆ Eating seasonally (Year 3)
- ◆ A balanced diet (Year 2)
- ◆ Fruit and vegetable smoothie (Year 1)

What I will know/be able to do by the end

- Focusing on nutrition, children research and modify a traditional bolognese sauce recipe to make it healthier. They will cook their new and improved versions, making appropriate packaging and also learn about the ethical considerations of farming cattle.
- I can follow health and safety rules
- I can suggest appropriate design criteria points to fulfil the design brief

Websites/Signposting/Connection to a famous person

<https://www.kapowprimary.com/subjects/design-technology/upper-key-stage-2/year-5/food-what-could-be-healthier/>