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| **Goonhavern Primary School- Design Technology** | | |
| **TOPIC: DT** | **YEAR: 6** | **STRAND: Food** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| * How to prepare ingredients hygienically using appropriate utensils. * How to measure ingredients to the nearest gram accurately. * How to follow a recipe and combine ingredients. * How to assemble or cook ingredients (controlling the temperature of the oven or hob as required). * How to use cooking equipment, including hobs and ovens safely. * How to grow plants from seed to be used in my cooking. * How to use knives to dice (onions) * That food is grown and caught in the UK, Europe and the wider world. * **How to chop, mix and peel and grate.** | How ingredients (including dairy/meat) should be stored and handled with reasons (using knowledge of microorganisms). |
| How to measure accurately and calculate ratios of ingredients to scale up or down from a recipe. |
| A range of baking and cooking techniques. MAKE THESE SPECIFIC TO WHAT YOU ARE MAKING. |
| How to create and refine recipes, including ingredients, methods, cooking times and temperatures. |
| Understand and apply the principles of a healthy and varied diet. |
| Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed. |
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| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Processed food | Food that has been altered during its preparation |
| Nutrients | Substance that provides nutrients for health and growth |
| Seasonality | Time of year |
| Hygiene | Practice of cleanliness to prevent the spread of germs |
| Protein | Provides fuel for our bodies and muscles |
| Carbohydrates | Slow releasing energy |
| Fruit and Veg | Natural food that provides vitamins and nutrients |
| Fat and sugars | Food we should eat in moderation |
| Yeast | east causes the formation of carbon dioxide gas through fermentation of the sugars in the bread dough. |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Projects** |
|  | 1. Summer term - link with Birmingham School visit. Cook and prepare fresh mackerel that have been caught. Add ingredients and cook in tin foil on a beach BBQ. |