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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.
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