



Subject: DT		Year group: 5 Term: Summer		Title: Food - What could be healthier											
What should I already know? • How to group familiar food products e.g. fruit and vegetables • How to explain where food comes from • How to cut, peel, grate and chop a range of ingredients • How to work safely and hygienically • Why we need a variety of foods in our diet to keep us healthy • How to measure and weigh food items 		Facts I will learn • That beef is the name of meat from cattle (cows). • How beef is reared and processed. • The ethical issues around the way in which cattle should be farmed. • What foods make up a balanced diet. • That the nutritional value of a recipe can change if you remove, substitute or add additional ingredients.		Key questions • How do cattle find their way onto our supermarket shelves as beef? • Do you think it is fair to eat meat? Why/Why not? • Is it important that cattle and other animals we eat are well looked after? Why? • In a nutritional table, which figures should be kept low and which can be higher? 											
Key Skills • To know how a recipe can be adapted to make it healthier. • To suggest, based on research, healthy substitutions and additions to a recipe. • To calculate and compare two recipes using a nutritional calculator. • To understand and apply the principles of a healthy and varied diet. • To design innovative and appealing products. • To use techniques for chopping and peeling. • To evaluate products against a design criteria.		Experiences that school will provide Balanced discussions about food and how it is produced. Taste foods to find appropriate food combinations. To make a healthy sauce.		<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>beef</td><td>A type of meat that comes from cattle.</td></tr><tr><td>reared</td><td>To breed and raise (an animal) for use or market.</td></tr><tr><td>processed</td><td>To change by a special treatment.</td></tr><tr><td>ethical</td><td>Involving questions of right and wrong: relating to ethics ethical issues.</td></tr></table>		Key vocab	Definition	beef	A type of meat that comes from cattle.	reared	To breed and raise (an animal) for use or market.	processed	To change by a special treatment.	ethical	Involving questions of right and wrong: relating to ethics ethical issues.
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Web links https://video.link/w/52be (BBC Spaghetti Bolognese) https://video.link/w/22be (From Farm to Fork) https://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf (NHS Eat Well Guide)	Experiences that could be provided at home Plan and prepare a healthy meal at home. Help out at home with meal preparation including chopping and grating.	<table><tr><td>nutrition</td><td>The study of food and how it works in your body.</td></tr><tr><td>diet</td><td>A person's regularly consumed food and drink.</td></tr></table>		nutrition	The study of food and how it works in your body.	diet	A person's regularly consumed food and drink.
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