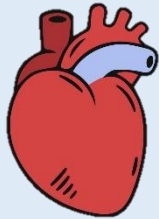


Year 6 Term 3

## How responsible are we for our own health?

### DESIGN TECHNOLOGY



Know that the recipe can be adapted to change the appearance, taste, texture and aroma and eating preferences (being a vegetarian).  
 Prepare and cook meat safely and hygienically.  
 Use a range of techniques: chopping, cooking meat so it is safe to eat, boiling, mixing.  
 Through tasting, evaluate the chilli against the design criteria.

#### Long-term Memory Knowledge:

Explain why it is important to cook meat thoroughly.  
 Know why a vegetarian/vegan should eat alternatives to meat and fish and not just omit this food group from their diet.  
 Explain the importance of eating meat or meat substitutes for health.  
 Talk about some of the reasons people choose to or need to adapt a recipe.  
 Know what needs to be done so that meat is prepared and cooked safely and hygienically.  
 Demonstrate safe use of knives and heat.  
 Evaluate food against design criteria.

#### Key Vocabulary

<b>carbohydrate</b>	body's main source of energy
<b>protein</b>	needed for muscle growth and repair
<b>fat</b>	supports the absorption of vitamins and minerals
<b>nutrients</b>	everything that's in your food
<b>vitamins</b>	required in small amounts to maintain a healthy body
<b>minerals</b>	required in small amounts to maintain a healthy body
<b>sugar</b>	a form of carbohydrate
<b>gluten</b>	a protein found in wheat, rye, and barley

<b>allergy</b>	your immune system's reaction to certain plants, animals, foods, insect bites, or other things
<b>intolerance</b>	exceptional sensitivity
<b>savoury</b>	food that is spicy or salty but not sweet
<b>source</b>	where something comes from

#### Progression in Resources:

knives, graters, partially marked measuring jugs and scales, bowls, wooden and metal spoons, oven, grill, stove, herbs, spices, seasoning

#### Relevance

<b>Now</b>	Children can cook safely with meat, recognising that it should be cooked thoroughly and that uncooked meat should be prepared separately.
<b>Future</b>	As adults, be able to prepare and cook meals recognising the hygiene needed when using meat. This can contribute to a healthy lifestyle for themselves, their families and friends.
<b>Aspiration</b>	As an adult, have a career in food: a chef, nutritionist, a lecturer or teacher in food; work as or with farmers to develop sustainable farming methods that benefit the farmer and consumer.

#### National Curriculum Links:

Understand and apply the principles of a healthy and varied diet.  
 Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.  
 Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

#### Essential Prior Learning:

A varied diet is important for good health; different types of food need to be eaten for different health benefits.  
 Some foods are grown; some are reared or caught.  
 Use kitchen equipment (knife, grater, etc.) safely.  
 Recognise when something is cooked (and, therefore, safe to eat).

#### Progression in Skill:

When cooking meat, there is a risk of food poisoning if the meat is not cooked thoroughly.  
 Meat alternatives (plant-based) can be used in place of meat.  
 Know that meat/meat substitutes contain nutrients, protein and fibre, that are needed for health.