

Year 5 Term 5

How sustainable is our way of life?

DESIGN TECHNOLOGY



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:

Understand the principles of a healthy diet: we need to eat a range of different food types but not in equal quantities, e.g. we should be eating more fruit and vegetables than sugary foods.

Some food is grown, caught or reared; it can be fresh, processed or pre-cooked.

Food can be mixed or cooked to make a new product.

Make sensible choices in the equipment they select when cooking.

Progression in Skill:

Know how flour, fat and water interact to create different textures.

Understand the importance of chilling dough to maintain flakiness.

Understand the role of gluten in development in pastry dough.

Know the importance of a range of fresh vegetables in a healthy diet.

Identify the criteria that the vegetable tart needs to meet.

Use rubbing in method to make pastry.

Chop chosen vegetables.

Make sauce for tart.

Combine ingredients.

Bake tart.

Explore the taste of a range of vegetables and adjust recipe as appropriate, according to likes and dislikes.

Through tasting, evaluate the tart against the design criteria.

Know that vegetables are seasonal and that the availability of the vegetables will affect what you can put in your tart.

Long-term Memory Knowledge:

Not all foods grown locally are available throughout every season.

A recipe can be adapted to suit someone's tastes, for example, they can add more or less of some ingredients or even add/leave out others.

Suggest which ingredients can be altered and which should be used as the recipe states.

Demonstrate the rubbing-in method to make pastry.

Use a knife safely to chop vegetables.

Combine ingredients to make a sauce.

Use the oven safely, without burning the food.

Key Vocabulary

nutritious	healthy food stuff
rubbing in	a technique to rub in fat in to flour to make pastry

processed	food that has had some sort of chemical or industrial treatment in order to cook it, preserve it, or improve its taste or appearance
aroma	the smell of something
fibre	a substance in certain foods that is in fruit and vegetables that aids the passage of food through the digestive system

Progression in Resources:

Scales
Oven
Rolling pin
Knives
Grater
Whisk
Pastry cutters & tins

Relevance

Now	Children understand that they can create healthy meals using fruit and vegetables, knowing when they are in season.
Future	Have a repertoire of recipes to use in later life; be willing to experiment in the kitchen, adapting recipes to suit their own tastes.
Aspiration	Use these recipes and experiment with food to create their own recipes and meals; pursue a career in food and health, e.g. nutritionist or play a role in developing sustainable food supplies.