

Year 5 – Term 5

**How sustainable is our way of life?**

**DESIGN TECHNOLOGY**



**Progression in Skill:**

Know that the seasons may affect the food available. Prepare and cook a variety of predominantly savoury dishes safely and hygienically including the use of a heat source.

Use a range of techniques: mixing, kneading, rubbing, beating and baking.

Know that recipes can be adapted to change the appearance, taste, texture and aroma (e.g. adding herbs, spices, vegetables, cheese, types of flour).

**Progression in Resources:**

Rubbing in method  
Scales  
Oven  
Rolling pin  
Knives  
Grater  
Whisk  
Pastry cutters & tins

**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.

**Long-term Memory Knowledge:**

How to combine a wide variety of cooking skills to make a tartlet: chopping, whisking, rubbing, grating.

How to follow a recipe to recreate a tartlet at home.

Not all food that is farmed is available all year round in this country so we import some from abroad as different countries have different seasons.

**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.

**Key Vocabulary**

<b>nutritious</b>	healthy food stuff
<b>rubbing in</b>	a technique to rub in fat in to flour to make pastry
<b>processed</b>	food that has had some sort of chemical or industrial treatment in order to cook it, preserve it, or improve its taste or appearance
<b>aroma</b>	the smell of something
<b>fibre</b>	a substance in certain foods that is in fruit and vegetables that aids the passage of food through the digestive system

**Relevance**

<b>Now</b>	Children understand that they can create healthy meals using fruit and vegetables, knowing when they are in season.
<b>Future</b>	Have a repertoire of recipes to use in later life; be willing to experiment in the kitchen, adapting recipes to suit their own tastes.
<b>Aspiration</b>	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.