



Buglawton Primary School

Be the Best We Can

Topic: Food and nutrition

Subject: DT

Year: 4

Term: Autumn

What should I already know?

- Know how to use appropriate equipment and utensils to prepare and combine food
- Know about a range of fresh and processed ingredients appropriate for their product
- Know whether some foods are grown, reared or caught
- Understand that healthy diet is made up by a variety and balance of foods and drinks, as depicted in 'The Eat Well Plate'
- Know that food and drink are needed to provide energy for the body.

What should I be able to do by the end of the unit?

- Prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source.
- use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.
- Describe where many foods come from, in relation to both UK and worldwide foods.

What will I know by the end of the unit?

- Know how to use appropriate equipment and utensils to prepare, combine and cook food.
- Know about a range of fresh and processed ingredients appropriate for their product, and whether they are grown, reared or caught relevant to the UK, Europe and the wider world.
- Know and use technical and sensory vocabulary relevant to the project.
- Know that to be active and healthy, food and drink are needed to provide energy for the body.

Prior Key Vocabulary

food	healthy diet
chopping	peel
grate	hygiene
fruit	vegetables
the eat well plate	caught
farming	grown at home

Key vocabulary

savoury	grown
food that is salty or spicy rather than sweet	food that is produced from plants
reared	caught
when animals are bred for their meat or milk	when animals are captured in order for humans to eat
fresh	processed
food that has been recently sourced	food that was sourced a while ago and has been treated with additives to make it last.

Agreed Real-Life Outcome:

Comparison between Ancient Greece food and modern-day Grecian food.
Children to make a basic Grecian dish.

Significant people:

Jamie Oliver - Campaign to help lower child obesity and promote healthy foods in schools.

Joe Wicks - Campaign to promote exercise and healthy eating. He created 'PE with Joe' during the UK lockdown.

healthy diet	utensils
contains a balance of foods from the five groups in 'The Eat Well Plate'.	tools you use to help you cook