



Buglawton Primary School

Be the Best We Can

Topic: Food and nutrition

Subject: DT

Year: 6

Term: Summer

What should I already know?

- Know how to use utensils and equipment including heat sources to prepare and cook food.
- Begin to understand about seasonality in relation to food products and the source of different food products.
- Know and use relevant technical and sensory vocabulary.
- Understand how food is processed into ingredients that can be eaten or used in cooking.
- Begin to understand that different food and drink contain different substances, (nutrients, water and fibre - that are needed for health.)

What will I know by the end of the unit?

- Know how to use utensils and equipment including heat sources to prepare and cook food.
- Understand about seasonality in relation to food products and the source of different food products.
- Know and use relevant technical and sensory vocabulary.
- Understand that different food and drink contain different substances, (nutrients, water and fibre - that are needed for health.)

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.

Prior Key Vocabulary KS1

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

Prior Key vocabulary Lower KS2

savoury	grown
reared	caught
fresh	processed
healthy diet	utensils

Key vocabulary

nutrients	seasonality
provide nourishment essential for growth and life	relating to a particular season of the year
fibre	

Agreed Real-Life Outcome:

Children to design and make a simple South African inspired meal.

helps the digestive system move food through body	
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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.