

Our School Values	
Love	We show love by learning and exploring different materials, mechanisms, designers and architects.
Unity	We show unity by helping each other and sharing techniques.
Courage	We show courage by sharing and talking about our designs.
Inspiration	We show inspiration by expressing ourselves and being proud of what we have achieved.



Year 5

Design Technology Cooking and Nutrition



NC Objective:

To understand and apply the principles of a healthy and varied diet
To prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques

Knowledge I already know

I know where I can find nutritional information on food packaging
I can cook to a recipe and adapt it to create a new product

Knowledge I will learn

I know that beef is the name of meat from cattle and I know how it is reared and processed
I have an understanding of ethical issues around the way in which cattle should be farmed
I know how a recipe can be adapted to make it healthier

Based on my research I can suggest healthy substitutions and additions to a recipe

I know that the nutritional value of a recipe can change if you remove, substitute or add additional ingredients

I can calculate and compare two adapted Bolognese recipes using a nutritional calculator and based on this information I can decide which recipe is healthier

I can write an emended method for my recipe to incorporate the relevant changes to ingredients

I can use equipment safely, including knives, hot pans and hobs

I know how to avoid cross contamination

I know how to chop an onion

I can design appealing packaging that reflects my recipe

Key Vocabulary

Word	Definition
Beef	Meat that comes from a cow.
Cross contamination	How bacteria can spread. It happens when liquids from raw meats or germs from unclean objects touch cooked or ready to eat foods.
Farm	An area of land or water used for growing crops and rearing animals.
Method	Following a process or list of instructions,
Packaging	A packet which holds a product safe, ready to be sold and has information on about the product.
Research	The collecting of information about a subject.
Welfare	The health and happiness of a person or animal.

Key facts

A balanced diet consists of measured amounts of different foods to keep us healthy. Use the [NHS Eatwell Guide](#) to see how much you should eat from each food group.

The different food groups are **dairy**, **fruits and vegetables**, **protein**, **carbohydrates**, **fats** and **sugars**.

Eating the right mix of nutrients will help your body grow and develop, many foods have labels which tell you the amount of each nutrient it has.

It is important to know how to avoid cross-contamination to keep safe when preparing and cooking different foods.

In farming, it is important that the animals are cared for properly during their lifetime. There are ethical rules which ensure that the animals receive a good level of welfare.

LI: To understand where food comes from	LI: To understand the term healthy	LI: To adapt a traditional recipe	LI: To follow a recipe to create a sauce	LI: To create packaging for meal
Learn how beef is farmed	Taste test two Bolognese sauces and look for healthy alternatives.	Create a healthy Bolognese recipe.	Follow recipe written last lesson. To use garlic crushes, knives and peelers.	Include ingredients, ethical statement, healthy aspects, brand, logo