



Area: Cooking and Nutrition

Year: 5

Subject: Design and Technology

What should I already know?

- how food in Britain has changed and developed
- how food gives us energy measured in kJ and kcal
- how the body uses proteins, carbohydrates and fats
- how to avoid cross-contamination

How will I use this learning in the future?

In Year 6, I will learn about how diet can have positive and negative effects on the body and learn about the seasonality of fruit and vegetables.

What vocabulary should I learn?

aroma	smell
dietary fibre	a type of carbohydrate that cannot be digested by our bodies' enzymes
ectomorph	a person with a thin frame
endomorph	a person with a higher percentage of body fat and less muscle
mesomorph	a person with a medium frame
metabolism	how the body changes food into energy
processed	food that has been cooked, canned, frozen, packaged or changed in nutritional composition
savoury	a food that is salty or spicy rather than sweet

What should I know by the end?

Raw materials are processed to make new products. These products can be healthy or unhealthy.



bagged spinach frozen veg canned tuna pasta sauce crackers packaged meats chicken nuggets



There are seven major classes of nutrients: carbohydrates (including dietary fibre), fats, minerals, proteins, vitamins and water.

Key Vitamins

Fat Soluble- stored in liver and body fat

Vitamin A - eyes, skin and immune system

Vitamin D - bones, teeth and muscles

Water Soluble- not stored within body

Vitamin C - healthy cells and heals wounds

B Vitamins - nervous and digestive systems

Key Minerals

Calcium - bones and teeth

Iron - blood

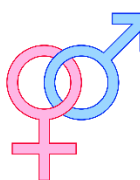
Potassium - heart

Trace Elements- needed in smaller amounts

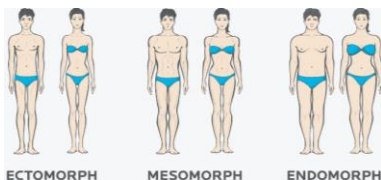
Iodine - hormones (metabolic rate)

Zinc - make new cells and heals wounds

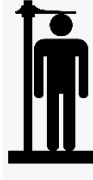
There are several factors that can affect the required diet for a person.



gender



body type



height



age



amount of activity

What should I be able to do by the end?

Use a wider range of vocabulary to describe the aroma of food, e.g. heady, aromatic, anosmic, evocative, odorous, piquant.

Understand which techniques to use for certain ingredients and recipes.

Measure and weigh ingredients on a range of scales.

Understand how to prepare and cook a wider range of savoury recipes safely and hygienically.

Designing

Decide which design idea to develop.

Evaluating

Analyse a range of existing products and consider how it may have developed over time.

Evaluate their ideas and products against their own design criteria and consider the views of others to improve their work.