




Area: Cooking and Nutrition	Year: 6	Subject: Design and Technology					
What should I already know? → how food is processed to make new products → key vitamins and minerals that we need in our diets and how they help our bodies stay healthy → the factors that can affect the diet required	How will I use this learning in the future? In KS3, I will cook a range of predominantly savoury dishes so that I am able to feed others and myself a healthy and varied diet, applying my knowledge of health and nutrition.	What vocabulary should I learn?					
What should I know by the end? Understand the seasonality of food. Nearly all fruit and vegetables are available throughout the year in the UK as they can now be grown artificially . However, seasonality refers to the times of year when the harvest or the flavour of a given type food is at its peak .		artificial	made or produced by human beings rather than occurring naturally				
		harvest	the process or period of gathering crops				
		nutrition	ensuring a person gets the food necessary for health and growth				
		seasonality	the times of year when the harvest or flavour of a food is at its peak				
		sensory characteristics	the smell, sound, appearance and texture of food				
		sustainability	growing food in season to avoid wasting energy				
		What should I be able to do by the end?					
<table border="1"> <tr> <td data-bbox="152 735 376 967"> apples Brussel sprouts cabbage celery cranberries parsnips pears squash swede </td> <td data-bbox="383 735 707 967"> artichokes asparagus cabbage gooseberries parsnips raspberries redcurrants rhubarb strawberries </td> <td data-bbox="714 735 1025 967"> aubergines blackberries blackcurrants broad beans broccoli cherries rhubarb strawberries tomatoes </td> <td data-bbox="1032 735 1339 967"> apples aubergines blackberries broccoli Brussel sprouts cauliflower celery pears tomatoes </td> </tr> </table>		apples Brussel sprouts cabbage celery cranberries parsnips pears squash swede	artichokes asparagus cabbage gooseberries parsnips raspberries redcurrants rhubarb strawberries	aubergines blackberries blackcurrants broad beans broccoli cherries rhubarb strawberries tomatoes	apples aubergines blackberries broccoli Brussel sprouts cauliflower celery pears tomatoes	Understand and justify which techniques to use for certain ingredients and recipes.	
apples Brussel sprouts cabbage celery cranberries parsnips pears squash swede	artichokes asparagus cabbage gooseberries parsnips raspberries redcurrants rhubarb strawberries	aubergines blackberries blackcurrants broad beans broccoli cherries rhubarb strawberries tomatoes	apples aubergines blackberries broccoli Brussel sprouts cauliflower celery pears tomatoes				
Diet effects the body in a range of ways, both positively and negatively. It is important to drink plenty of water and have a varied diet to ensure that the body gets all of the nutrients that it needs to function properly. Eating lots of junk food and drinks that are high in fats and sugars can have negative effects on the body.		Prepare and cook a wide range of hot and cold recipes safely and hygienically, considering the properties of ingredients and sensory characteristics.					
<ul style="list-style-type: none"> ☑ Skin - healthy oils and omega-3 fatty acids found in fish, nuts, olive oil and many other foods can help the collagen production in your skin, making it smoother and suppler. ☑ Mood - can improve wellbeing and reduce levels of depression and anxiety. ☑ Immunity - can help to reduce the risk and fight off illnesses and diseases. ☑ Health - can help the body to recover from illnesses and diseases. ☑ Energy - can increase energy levels. 		<ul style="list-style-type: none"> ☒ Overweight/Obesity - can lead to a range of illnesses and diseases, such as cardiovascular disease, diabetes, liver disease and some cancers. ☒ Skin - may contribute to increased blemishes. ☒ Mood - can have a negative impact on mental health, increasing depression and anxiety. ☒ Teeth - may lead to tooth decay. ☒ High caffeine - can increase anxiety and cause difficulties sleeping. ☒ High salt - increases blood pressure, which can lead to illness and disease. 					
Designing Plan the sequence of work and develop step by step plans which someone else could follow to make an intended product.		Evaluating Consider how a product can be improved using existing recipes. Use adding/substituting to change the taste of food by adding or replacing ingredients. Adapt recipes to eat sustainably:					
		<p style="text-align: center;">Eating Sustainably</p> <p>-With modern technology, it is possible to grow and rear food out of season.</p> <p>-However, growing and rearing foods out of season consumes a lot of energy, because the process takes place in artificial conditions, and needs a lot of resources, for example heat, light, water and nutrients.</p> <p>-Eating sustainably is about finding the right balance between your food needs and your food choices. It helps to reduce our <u>carbon footprint</u>.</p> 