



Year 3/4 - Food - Healthy and varied diet

Topic Overview – Lesson Objectives

Lesson 1	Investigate a range of food products, for example, a variety of healthy and unhealthy foods. Link to the principles of a healthy and varied diet. Look at ‘the eatwell plate’. Consider such things as, ‘What ingredients have been used?’ ‘Which food groups do they belong to?’ Carry out sensory evaluations on the contents of the food, from, for e.g., a range of wraps. Record results using a table. Use appropriate words to describe the taste/smell/appearance, e.g., ‘How do the sensory characteristics affect your liking of the food?’
Lesson 2	Using the internet, or visiting Aldi (if possible), gather information about existing products available relating to your product (e.g., wraps). Find out how a variety of ingredients used in the product are grown and harvested, reared, caught and processed, e.g., ‘When and where are the ingredients grown?’ ‘Where do different meats come from? How and why are they processed?’
Lesson 3	Make a food product using an existing recipe. Select and use a range of utensils and a range of techniques as appropriate to prepare ingredients hygienically such as grating, peeling and chopping.
Lesson 4	Design a product considering the purpose of the product and who it will be for. Develop and agree on design criteria considering healthy eating and a varied diet. Consider such things as: ‘How do we select the ingredients?’ ‘How could we make it appealing to eat?’ Consider the main stages in making the food product, including the ingredients and utensils they will need.
Lesson 5	Make the food product ensuring that all the stages are followed. Consider sensory characteristics.
Lesson 6	Evaluate your product by discussing how well it works in relation to the purpose and user and design criteria. Consider what others think of the product and how the work might be improved.

Assessment – National Curriculum

NC Statement	Maths/Literacy opportunity	Child led enquiry
<ul style="list-style-type: none"> *Understand and apply the principals of a healthy and varied diet. *Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. *Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. * 	<p>Mas-kg/g.</p> <p>Present results of sensory evaluation graphically.</p> <p>Spoken language- developing relevant technical vocabulary e.g. names of utensils and techniques. Ask relevant questions to extend their knowledge.</p>	<p>What ingredients could you use in your product to ensure that it supports a healthy and varied diet?</p>

Topic Vocabulary

name of products, names of equipment, utensils, techniques and ingredients, texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury, hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested, healthy/ varied diet, planning, design criteria, purpose, user, annotated sketch, sensory evaluations

