



Techniques /Skills:

NC

- Understand and apply the principles of a healthy and varied diet. Prepare a variety of predominantly **savoury dishes**.
- Select from and use a wider range of materials and components, including construction materials, textiles and **ingredients**, according to their functional properties and aesthetic qualities.

Skills:

- Understand and apply the principles of a healthy and varied diet.
- **Prepare** and cook a variety of predominantly savoury dishes using a range of cooking techniques.
- Demonstrate **hygienic** food preparation and storage.
- Work **safely** and accurately with a range of simple tools.

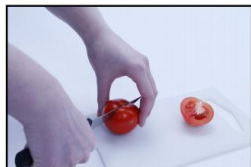
Evaluate their product against original design criteria e.g. how well it meets its intended purpose.

Key Vocabulary

Word/ term	definition
Savoury	Belonging to the category that is salty and spicy rather than sweet.
Salad	A cold dish of vegetables or fruit.
Nutrients	All the things in food that the body needs to remain healthy.
Evaluation	Do you like how it looks, smells, tastes and feels?
Ingredients	The food that is chosen to make a meal/dish.
Hygienic	Means to be clean. You must wash your hands and not touch your face.

Key People / information

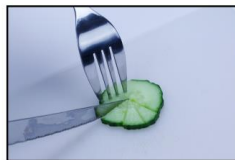
Our chef Idris will come and work with the children to make a healthy salad. The children will be shown safe preparation skills.



The Bridge



The Claw



The Fork Secure

Prior Knowledge, recap and retrieval:

- N-Apple Pie
- R- Pumpkin soup
- 1-Healthy Breakfast
- 2-Sandwiches

Why do we need to wash our hands before cooking? (to get rid of the germs)

Explain good hygiene to your talk partner.

Which food groups are healthy for our bodies and why? (keep us healthy/ they give us vitamins/fibre)

Resources: Books, internet sites and places to visit

Web sites and books:

<https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-ks2--ks3-salad/znwc8xs>

<https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-ks2--ks3-salad/znwc8xs>

Caesar

Waldorf

Optional discussion:

<https://www.allrecipes.com/article/types-of-salad/>

Caesar

Greek

Waldorf

Cobb

Leafy green

Fattoush

Nicoise



--	--	--