

Year 6 Term 3

What I should know.

Have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet.

Be able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.

Vocabulary

ingredients, yeast, dough, bran, flour, wholemeal, unleavened, baking soda, spice, herbs

fat, sugar, carbohydrate, protein, vitamins, nutrients, nutrition, healthy, varied, gluten, dairy, allergy, intolerance, savoury, source, seasonality

utensils, combine, fold, knead, stir, pour, mix, rubbing in, whisk, beat, roll out, shape, sprinkle, crumble

design specification, innovative, research, evaluate, design

Knowledge

Design

Make

Know how to use utensils and equipment including heat sources to prepare and cook food.
Understand about seasonality in relation to food products and the source of different food products.

Evaluate

Know and use relevant technical and sensory vocabulary.

DT Skills

Designing

Generate innovative ideas through research and discussion with peers and adults to develop a design brief and criteria for a design specification.
Explore a range of initial ideas, and make design decisions to develop a final product linked to user and purpose.
Use words, annotated sketches and information and communication technology as appropriate to develop and communicate ideas.

Making

Write a step-by-step recipe, including a list of ingredients, equipment and utensils
Select and use appropriate utensils and equipment accurately to measure and combine appropriate ingredients.
Make, decorate and present the food product appropriately for the intended user and purpose.

Evaluating

- Carry out sensory evaluations of a range of relevant products and ingredients. Record the evaluations using e.g. tables/graphs/charts such as star diagrams.
- Evaluate the final product with reference back to the design brief and design specification, taking into account the views of others when identifying improvements.
- Understand how key chefs have influenced eating habits to promote varied and healthy diets.



Working Towards	Expected Standard	Exceeding Standard
<p>Cooking and Nutrition Understand the main food groups and the different nutrients that are important for health</p>	<p>Cooking and Nutrition Confidently plan a series of healthy meals based on the principles of a healthy and varied diet</p>	
<p>Cooking and Nutrition Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable/ tasty to eat</p>	<p>Cooking and Nutrition Use information on food labels to inform choices</p>	
<p>Cooking and Nutrition Select appropriate ingredients and use a wide range of techniques to combine them</p>	<p>Cooking and Nutrition Research, plan and prepare and cook a savoury dish, applying his/her knowledge of ingredients and his/her technical skills</p>	