

# Food, Glorious Food!

**Lesson sequence**

Eating a healthy, balance and varied diet

Where does food come from?

How to stay safe while cooking

Refining skills of slicing, chopping, mixing, measuring

Designing


Making, decorating and eating!


Can I create a healthy Christmas treat?


**Sticky learning**

New Knowledge	New Skills
<ul style="list-style-type: none"> <li>- Know that people should eat at least 5 portions of fruit and vegetables a day</li> <li>- Know that food comes from plants or animals</li> <li>- Know that food has to be farmed, caught, or grown</li> <li>- Know different ways to classify foods and their nutritional pros and cons.</li> </ul>	<ul style="list-style-type: none"> <li>- Explain what product they will be designing and making</li> <li>- Use a range of materials - food</li> <li>- Choose suitable tools for making</li> <li>- Use tools and materials showing an understanding of risk and safety</li> <li>- Follow food safety and food hygiene procedures</li> <li>- Prepare simple dishes hygienically and safely without a heat source, or prior to cooking by an adult</li> <li>- Use cooking techniques such as: cutting, peeling and grating</li> </ul>


**Skills**


 Mix

 Peel

 Spread

Cut/chop:


 Bridge hold

 Claw grip

**Let's get ready to cook!**



**Eatwell Guide**



**Prior vocabulary**

Make

Build

Hygiene

**New Vocabulary**

Nutritional

Food hygiene

Risk

Safety

Equipment

Design

Product

All food comes from plants and animals. Food has to be grown, reared or caught.

Plants are grown. Animals are reared. Fish are caught.

Some food is grown in the UK, Some food comes from around the world.