

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

- Know that people should eat at least 5 portions of fruit and vegetables a day
- Know that food comes from plants or animals
- Know that food has to be farmed, caught, or grown
- Know different ways to classify foods and their nutritional pros and cons.

New Skills

- Explain what product they will be designing and making
- Use a range of materials - food
- Choose suitable tools for making
- Use tools and materials showing an understanding of risk and safety
- Follow food safety and food hygiene procedures
- Prepare simple dishes hygienically and safely without a heat source, or prior to cooking by an adult
- Use cooking techniques such as: cutting, peeling and grating

Skills



Mix



Peel



Spread

Cut/chop:



Bridge hold



Claw grip



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.