

Year 5 Tea making

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.

Knowledge

Design

Know and use relevant technical and sensory vocabulary.

Make

Know how to use utensils and equipment including heat sources to prepare and cook food.

Evaluate

Vocabulary

ingredients, spice, herbs

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

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

design specification, innovative, research, evaluate, design brief

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 Toward Expected	Expected Standard	Exceeding Expected Standard
Cooking and Nutrition Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active	Cooking and Nutrition Understand the main food groups and the different nutrients that are important for health	Cooking and Nutrition Confidently plan a series of healthy meals based on the principles of a healthy and varied diet
Cooking and Nutrition Understand seasonality and the advantages of eating seasonal and locally produced food	Cooking and Nutrition Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable/ tasty to eat	Cooking and Nutrition Use information on food labels to inform choices
Cooking and Nutrition Read and follow recipes which involve several processes, skills and techniques	Cooking and Nutrition Select appropriate ingredients and use a wide range of techniques to combine them	Cooking and Nutrition Research, plan and prepare and coo savoury dish, applying his/her knowledge of ingredients and his/hi technical skills