

Year 4 – Cooking and Nutrition

What it looked like in year 3:

- Research, analyse and evaluate a range of fruits.
- Practise food preparation skills and techniques such as; washing, grating, peeling, slicing and squeezing.
- Develop a 'design criteria' for a specific purpose and intended user.
- To plan the main stages of making, considering appropriate use of utensils.
- Prepare and make a smoothie following previous planning.
- Evaluate the smoothie against the design criteria previously agreed.

What it looks in year 5:

- To investigate and sample a range of existing products.
- Develop an understanding of appropriate techniques and skills e.g. bridge and claw chopping techniques.
- To consider texture, taste, appearance and smell when adapting a recipe.
- Develop a design criteria and specification to follow and evaluate from.
- Use understanding of seasonality to pick ingredients.
- Prepare and make a savoury dish.

Vocabulary (definitions)

Nutrition - We need many nutrients on a daily basis in order to stay healthy.

Seasoning - something added to food to give it more flavour.

Grate – the process of turning a solid into smaller pieces.

Chop - to cut something into pieces.

Peel – remove the outer covering or skin from a piece of food.

Utensil – a tool that is used during cooking.

Texture – the feel, appearance or consistency of something.

Sequence of Learning Design, Make, Evaluate

1. To research, analyse and evaluate a range of sandwiches.
2. Practise food preparation skills and techniques such as; chopping, slicing and spreading.
3. Develop a 'design criteria' for a specific purpose and intended user.
4. To plan the main stages of making, considering appropriate use of utensils.
5. Prepare and make a sandwich following previous planning.
6. Evaluate the sandwich against the design criteria previously agreed.



Cross-Curricular Links and Cultural Capital:

- Spoken language – ask questions to develop and check understanding, develop technical and sensory vocabulary and build knowledge.
- Art and design – use and develop drawing skills.
- Writing – children write a simple account about how they made their food product.
- To be able to use basic kitchen tools correctly.
- Be able to make a sandwich following a simple recipe.