

Mamma Mia
What could be healthier?

DT Theme:
(Nutrition unit)

Teaching focus:
Learning Lens: Nutrition
Class: Year 6

Previous Knowledge

Nutrition units YR - Y5

Project Hook or 'Wow' memory

BBC Spaghetti video/ taste test game/ingredient detective

Learning Steps

Key Knowledge

To understand where food comes from and how cattle are reared.

Understand the origins of food. Can identify key ingredients in a traditional recipe. Know where beef comes from, how its reared and ethical issues (farming.) Use pupil video to support learning. Create poster.

Understand what the term healthy and nutritious mean. Identify nutritious foods and have an awareness of a balanced diet.

Know what the terms healthy and nutritious mean and what makes a healthy diet. Why is it important? What makes a balanced diet? Understand how recipes can be adapted and the impact this can have on its nutritional value. Research alternatives.

To be able to adapt and improve a traditional recipe.

Video to model and support learning. Communicate ideas through discussion, diagrams and annotated sketches. Write a recipe and note the impact these changes have on nutrition value. Which recipes are the most healthy and why?

T be able to make their own version of a traditional recipe. Cut, prepare and cook a meal safely and hygienically.

Mamma Mia video. Know how to use equipment safely and how to cook safely and hygienically. Chop onions and tomatoes, boil, and ensure meat is cooked.

Evaluate a range of recipes, give feedback and justify opinions.

Taste tests with peers. Communicate their thoughts and ideas. Record findings.

Key skills

To understand what the terms healthy and nutritious mean and understand the nutritional value of a traditional recipe.

To know the origins of food.

Cut, prepare and cook food safely and hygienically. Use equipment safely.

Follow a step by step recipe.

Key vocabulary

beef	processed
nutritious	ingredients
recipe	reared
ethical	balanced
Cut/dice	cross-contamination
diet	

Final outcome
Plan and make their own spaghetti Bolognese

Modelling of each stage . Templates to support learning. Framework to support evaluation. Videos and posters to support ideas/discussion.

