

## Prior Knowledge – What should I already know?

- I have knowledge and understanding about food hygiene, nutrition, healthy eating and a varied diet.
- I am able to use appropriate equipment and utensils, and apply a range of techniques for measuring out, preparing and combining ingredients.

## Key Learning – What will I know at the end of the topic?

I will be able to:

### **Designing**

- Generate new ideas through research and discussion
- Explore a range of initial ideas, and make design decisions to develop a final product linked to user and purpose
- Use annotated sketches 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 to accurately to measure and combine appropriate ingredients
- Make and present a new food product

### **Evaluating**

- Carry out sensory evaluations of a range of relevant products and ingredients and record these in a table
- Evaluate the final product with reference back to the design brief and design specification and identify improvements.

### **Technical knowledge and understanding**

- Use utensils and equipment to prepare and cook food.
- Understand about seasonality in relation to food products and the source of different food products.
- Know and use relevant technical and sensory vocabulary.

## Vocabulary

### **Prior Required Challenging**

**ingredients** - the food items used in a recipe

**fat** - one of the food groups found in butter, chocolate and cakes

**sugar** - a sweet food obtained from the juices of various plants such as sugar cane

**carbohydrate** - one of the food groups that gives you energy; found in potatoes, pasta and bread

**protein** - one of the food groups found in meat, fish and eggs

**vitamins** - one of the food groups found in fruit and vegetables

**nutrient** - a substance that gives nourishment to the body

**energy** - the strength to do things; provided by food

**healthy** - physically well

**nutrition** - the study of nutrients in food and how the body uses them

**varied diet** - eating a variety of foods from the different food groups

**combine** - to join ingredients

**savoury** - belonging to the group of foods that are salty or spicy rather than sweet

**source** - where a food comes from

**seasonality** - relating to particular times of the year

**utensils** - tools used for preparing food

**research** - to find out about existing similar products

**evaluate** - to identify the strengths and weaknesses of a product

**allergy** - a condition of the body that makes you react badly to something that is normally safe

**intolerance** - similar to an allergy but less severe

**design brief** - a short statement which describes the product to be made and its purpose; who will use it; and where it will be used and sold.

**design specification** - specific requirements for a new product

**innovative** - a new idea or method

