

DT curriculum in Y6 - Cooking and Nutrition

Rationale

In Y6 opportunities are planned for to help children plan a series of healthy meals thinking about all that they have learned over the years regarding healthy, varied and balanced diets. To introduce children to the information on food labels and to consider what they would be best looking for on these. Children will be reminded about how different foods and drinks provide different substances that the body needs and help to keep people healthy and active. To research and plan a savoury dish drawing on their knowledge .

Prior Knowledge	Learning	Future Learning
<p>In Y4 pupils are taught to:</p> <ul style="list-style-type: none"> • 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. • Understand seasonality and the advantages of eating seasonal and locally produced food. • Read and follow recipes which involve several processes, skills and techniques. • <p>In Y5 pupils are taught to:</p> <ul style="list-style-type: none"> • Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable/tasty to eat. 	<p>In Y6 pupils are taught to:</p> <ul style="list-style-type: none"> • Confidently plan a series of healthy meals based on the principles of a healthy and varied diet. • Use information on food labels to inform choices. • Research plan and prepare and cook a savoury dish, applying his/her knowledge of ingredients and his/her technical skills. 	<p>To be better prepared for maintaining a healthy and varied diet in order to live a healthy lifestyle understanding the reasons for this.</p> <p>To know and use several food techniques in food preparation.</p>

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| <ul style="list-style-type: none">• Select appropriate ingredients and use a wide range of techniques to combine them.• Use his/her research into existing products and his/her market research to inform the design of his/her own innovative product. | | |
| <p>Key Vocabulary - farmed, grown or caught, locally produced, processed, combined
<i>food vocabulary using taste, smell, texture and feel</i>
<i>plants, animals, home, healthy, grown, diet, active</i>
<i>safe, peel, chop, spread, utensils and tools</i>
<i>recipe, food labels</i>
<i>food and drinks - savoury and sweet</i></p> | | |