



Lowerhouse Junior School

Design & Technology Overview Sheet



Year 6 – Food Technology -Make a 3 course healthy menu suitable for a 10 year old child with diabetes.



Key Learning: Pupils who are secure will be able to:
Food Technology (year 5)

- Join and combine a widening range of ingredients.
- Select and prepare foods for a particular purpose.
- Know where and how ingredients are grown and processed.
- Understand & apply the principles of a healthy & varied diet.
- Choose ingredients to support healthy eating choices when designing their food products.
- Prepare and cook a variety of mostly savoury dishes using a range of cooking techniques

Plan

- Research and evaluate existing products (including book and web based research).
- Consider user and purpose.
- Understand how key people have influenced design.

Design

- List tools needed before starting the activity.
- Plan the sequence of work e.g. using a storyboard.
- Record ideas using annotated diagrams.
- Devise step by step plans which can be read / followed by someone else.
- Use exploded diagrams and cross-sectional diagrams to communicate ideas.
- Sketch and model alternative ideas.

Make

- Make prototypes.
- Develop one idea in depth.
- Use researched information to inform decisions.
- Produce detailed lists of materials and tools.
- Cut accurately and safely to a marked line.
- Use appropriate finishing techniques for the project.
- Refine their product – review and rework/improve.

Evaluate

- Identify the strengths and weaknesses of their design ideas.
- Give a report using correct technical vocabulary.
- Consider and explain how the finished product could be improved related to design criteria.
Discuss how well the finished product meets the design criteria of the user. Test on the user!

Learning Intentions

- Lesson 1: LI: To understand what a healthy balanced diet includes.
Lesson 2: To research meal ideas that meet the needs of the user.
Lesson 3: LI: To design a 3 course meal for a purpose.
Lesson 4: LI To plan my final product.

Lesson 5: LI: To make my final product. (may take a full morning).

Lesson 6: LI: To evaluate my final product.

Overview:

Lesson 1: Children should understand what a healthy balanced diet is for a child and the dietary needs of a child with diabetes.

Lesson 2: Research healthy meal ideas that would be suitable for a child with diabetes.

Lesson 3: Design a meal suitable for a child with diabetes.

(Teacher to group children (starters, main, desserts)

Lesson 4: Plan my final product by writing a recipe for your chosen meal.

Lesson 5: Make your meal

Lesson 6: Evaluate your final product.

Cross Curricular Links

Science – how the human body works

Resources

Chopping boards, DT safety knives, mixing bowls, baking trays, metal or ceramic dishes, risk assessment, plates, ingredients cling film.

Key Vocabulary

Ingredient, recipe, method, equipment, utensils, chop, Slice, peel, boil, bake, grill, roast, steam, simmer, season, portion, balanced diet, nutrients, protein, carbohydrates, fats, fibre, vitamins, sugars, calories, energy