



Lowerhouse Junior School

Design & Technology Overview Sheet



Year 4 – Food Technology – Healthy quiche



Key Learning: Pupils who are **secure** will be able to:

- **Year 4 Food Tech**
- **Make healthy eating choices – use the Eatwell plate**
- **Understand seasonality**
- **Know where and how ingredients are reared and caught.**
- **Prepare and cook using different cooking techniques.**
- **Join and combine a range of ingredients.**
- **Follow a recipe/instructions.**

Plan:

- Investigate similar products to the one to be made to give starting points for a design.
- Draw/sketch products to help analyse and understand how products are made.
- Research needs of user.

Design

Develop more than one design or adaptation of an initial design.

Plan a sequence of actions to make a product.

Record the plan by drawing using annotated sketches and exploded diagrams

Think ahead about the order of their work and decide upon tools and materials.

Propose realistic suggestions as to how they can achieve their design ideas.

Consider aesthetic qualities of materials chosen.

Make

- Prepare pattern pieces as templates for their design.
- Select from a range of tools for cutting shaping joining and finishing.
- Use tools with accuracy.
- Select from techniques for different parts of the process.
- Plan the stages of the making process.
- Use appropriate finishing techniques.

Evaluate

- Identify the strengths and weaknesses of their design ideas in relation to purpose/user.
- Decide which design idea to develop.
- Consider and explain how the finished product could be improved.
- Discuss how well the finished product meets the design criteria of the user.

Investigate key events and individuals in Design and Technology

Learning Intentions

Lesson 1: LI: To understand where food comes from and seasonality of food.

Lesson 2: LI: To explore different quiches to design their own.

Lesson 3: LI: To taste test different products for the one to be made.

Lesson 4: LI To plan my final product.

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

Lesson 6: LI: To evaluate my final product.

Overview:

Cross Curricular Links
Links to science Healthy eating.

Lesson 1: Understand people of key influence (Michael Caines – one armed TV chef, Nadia Hussain – ‘cook once eat twice recipe book’ links to sustainability), children should learn how food is reared/ grown and research the seasonality of vegetables.

Lesson 2: Explore a range of quiches and design their own small individual quiche.

Lesson 3: Taste test different foods to decide what foods they would like in their quiche (to include at least one vegetable)

Lesson 4: Plan my final product making a step by recipe.

Lesson 5: Make your own individual quiche.

Lesson 6: Evaluate your pulley system.

Links to Geography - seasonality of foods

Key Vocabulary

name of products, names of equipment, utensils, techniques and ingredients texture, taste, sweet, sour, hot, spicy, appearance, smell, preference, greasy, moist, cook, fresh, savoury, hygienic, edible, grown, reared, caught, frozen, tinned, processed, seasonal, harvested healthy/varied diet

Resources

Mixing bowls, safety DT knives, chopping boards, risk assessment, ingredients, muffin trays