**Year Design and Technology Curriculum – Autumn Term**

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| **Theme: Food Technology** |
| **Curriculum objectives** | **Vocabulary** | **Links across the curriculum** |
| Key stage 1* use the basic principles of a healthy and varied diet to prepare dishes
* understand where food comes from.

Key stage 2 * understand and apply the principles of a healthy and varied diet
* prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
* understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
 | **Keyword** | Definition  | **Keyword** | Definition  | **Geography-** where our food comes from. Food miles and local produce**.** **Science –**Growing plants and seasonality..**Mathematics-** measuring using g/kg, ml/l. |
| Seasonality | Food varying depending on the season. | Claw technique | Fingers hold the food down and the knife runs over the knuckles. |
| Food miles | How far food has travelled. | Sieving | Separating process. |
| Farm to fork. | Processes in the chain from agriculture production to consumption. | Peeling | To remove the outer skin. |
| Bridge technique | Holding food between the fingers and thumb creating a bridge to cut through. | Kneading  | To work the dough to develop the glutens in the flour. |
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| **Prior knowledge:** *What specifically have pupils learned that is relevant to this unit that they are building upon?* | **Future knowledge:** *What specifically will pupils learn in the future that is relevant to this unit?* |
| Knowledge that food gives us energy and that healthy food options are important for a well-balanced diet. | The skills and knowledge taught can be applied when creating their own recipes. |
| **Lesson Sequence****Food for life recipes.** | **Key Knowledge** | **Key Skills** |
| Year 1Jumping bean couscous salad | Know how couscous is made (You Tube video) | * Claw knife technique, squeezing lemons.
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| Year 2Mini breakfast frittatas | * Know where eggs come from. Excellent eggs from nest to you (You tube – Farm to fork video)
 | * Bridge and claw technique, cracking and beating eggs.
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| Year 3Fruit and muesli breakfast pots | * Farm to Fork- (You Tube – How grapes become raisins)
 | * Using scales, cups and spoons to measure, squeezing a lemon.
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| Year 4 Ratatouille | * Know how tomatoes are grown. (Tasty tomatoes – From farm to fork You Tube)
 | * Bridge and claw technique, crushing garlic, tearing herbs
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| Year 5Beetroot, apple and onion chutney | * Know how apples grow. Apples from farm to table (You Tube)
 | * Using scales, measuring spoons and jugs, grating and bridge and claw technique.
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| Year 5Tomato and basil bread. | * Know that dough has to prove before baking.
 | * Make, shape and prove the dough, prepare tomato and basil filling
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| **Themes and links** |
| **Themes** | **Where these are covered:** |
| **Farm to fork** | Each lesson incudes an ingredient which is tracked from farm to fork. |
| **Evaluation** | * Each lesson the children will evaluate e.g., What went well… Even better if …
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| **Healthy food choices** | * Each recipe includes at least one of the children’s five a day
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