

Research/Design

Students are to produce a poster recapping the main food safety & hygiene rules covered in Year 4.

Students will be aware of what they need to eat as part of a varied and balanced diet.

Students will produce a weekly meal plan to show a varied and balanced diet.

Students will be aware of the difference between reared and processed foods.

Students will be able to use proportions to work how much of each ingredient would be needed in order to make bread and soup for an entire class.

Make

Students can follow a recipe in order to make bread dough.

Students can respond to their bread mixture and add extra water or flour where required.

Students understand why bread is proved before it is baked.

Students can bake the bread for the correct amount of time.

Evaluate

Students can taste their food and explain why they like or dislike it.

Students can explain the flavours and textures found in the food.

Students to get feedback from their peers to get their views on the taste.

Students to be able to suggest what they would do differently should they make the food again.

Students to suggest additional ingredients that can be added to improve the dish.

Key Vocabulary

Measure – Find the size, amount, or degree of an ingredient by using an instrument or device marked in standard units.

Weighing Scale - A device to measure weight or mass.

Proportion - A part, share, or number considered in comparative relation to a whole. For example if the whole is multiplied by 2, each ingredient will also be multiplied by 2.

Varied Diet – A diet that includes a wide range of all the different food groups featured on the Eatwell Guide.

Reared – Animals bred and raised to become meat and fruit & vegetables grown and cultivated.

Processed - A food item that has had a series of mechanical or chemical operations performed on it to change or preserve it.

Year 5 Bread

Mood Board



Related Mathematics

1kg = 1000g

1000mg = 1g

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