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| **Year 4 – Design and Technology – Food Technology – Food Swaps** | | |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know |
| * (From Year 3) * I know that climate affects food growth * I know that each fruit and vegetable give us nutritional benefits. * I can explain which foods are healthy. * I can explain which foods are less healthy. * I know when food is nearly ready for harvesting. * I know how to be hygienic when preparing and handling food. * I know how to stay safe whilst preparing food. | * I can explain what a balanced diet is. * I can explain the difference between savoury and sweet. * I can research recipes and understand how to read if they are healthy or not. * I can suggest ‘swaps’ to make an unhealthy food healthier. * I can explain how chefs such as Jamie Oliver have campaigned to make food for children healthier. * I can plan my ‘swaps’ recipe. * I can prepare my recipe safely using the right equipment. * I can ask questions to evaluate the taste, appearance and texture of my food. * I can improve my recipe based on feedback. * I can read a food label and explain whether it is healthy choice or not.   Jamie's School Dinners - Wikipedia | |  |  | | --- | --- | | Balanced diet | Making sure we eat more of the links that are good for us and less of the things that aren’t. | | Savoury | Food that isn’t sweet but more salty or spicy like pasta, brown bread, cheese or chilli. | | Ingredient | The different food you need to make something like a meal or to bake bread. | | Recipe | The list and instructions to help you make different foods and meals. | | Food swap | When you change an ingredient to make it healthier or to change it. | | Evaluate | When you look at a product and decide what was good about it and what you would make better next time. | | 5 Senses | Sight  Touch  Taste  Smell  Sound | |