

Focus: DT	Food Technology Granola	Year 5	Spring 1
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<u>Key Knowledge</u>
Learning how to cook is an essential life skill - healthy diet.
Look at granola in the context of healthy diet - nutrients, water, and fibre.
How to prepare and cook food safely.
Understand where and how ingredients are grown - seasonality and links to shopping local.
Research and evaluate existing granolas and ingredients for their own superfood bar.
Choose the correct equipment for the task and use correctly including a knife -link to safety.
Create and follow a recipe.
Understand a range of cooking techniques and how to use them correctly.
Language to use when evaluating their own or their peers work.

<u>Key Vocabulary</u>
Diet
Hygiene
Safety
Health
Energy
Ingredients
Chopping
Dicing
Peeling
Cutting
Grating
Slicing
Measuring
Pouring
Mixing
Temperature
Nutrition
Recipe

Health and Safety



<u>Cross-Curricular Links</u>
<ul style="list-style-type: none"> • Science - Healthy eating and nutrition • Maths - measurement • PSHCE - practical life skills.

<u>What skills will I use?</u>
<ul style="list-style-type: none"> • Planning and designing skills - choosing appropriate, nutritional ingredients for my recipe. • Health and hygiene skills, including keeping myself and my work area clean. • Safety skills - using knives and other cooking implements safely. • Evaluation skills - assessing how effective my granola bar would be at providing energy.