

Pioneer Federation
Medium term plan
UPKS2 Cycle 2, Term 4
D.T



Subject: D.T			
Key Concept/ Theme: Why are people drawn to London?			
Prior Learning links: Cycle 1 –Inside out			
Vocabulary: food groups, food labels, nutrients, reared, ingredients, balanced, proportions.			
School specific areas to cover (Add in any local areas of study, trips and people)			
CP	EH	SMV	PM
<p>● Understand the main food groups and the different nutrients that are important for health ● Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable / tasty to eat ● Select appropriate ingredients and use a wide range of techniques to combine them ● Confidently plan a series of healthy meals based on the principles of a healthy and varied diet ● Use information on food labels to inform choices ● Research, plan and prepare and cook a savoury dish, applying his/her knowledge of ingredients and his/her technical skills.</p> <p>To know the importance of the main food groups and the different nutrients that are important for health.</p> <p>To know the process of how food is grown and produced.</p> <p>To know techniques used to create different foods.</p> <p>To know confidently how to plan a series of healthy meals based on the principles of a healthy and varied diet.</p>			
1.	<p>Prior learning reconnection: 5/6 Cycle 1 Term 1 3/4 Cycle 2 Term 3</p> <p>LO: Let's learn about the different food groups.</p> <p>Activity: Gauge what the children can remember about the different food groups. What are they? How do they help us achieve a balanced diet? Children to complete tasks linked to the Eatwell guidance plate.</p> <p>Get the children to think about-</p> <ul style="list-style-type: none"> - How does my body benefit from each food group? - Why is it important to eat a range of different foods? - Why should we eat some foods in moderation? 		

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2	<p>Reconnection: Can you recall the different food groups and the health benefits of having a varied diet? LO: Let's learn about food labels. Activity: Introduce the children to the food labelling system. Explain how these labels can help us to maintain a healthy diet by informing us of the content of salt and fat in our foods. Children to investigate a range of different foods and their packaging to establish nutrient content and salt and fat levels. They will then answer questions about what they found.</p>
3	<p>Reconnection: How does the traffic light system help us when planning our meals? LO: Let's learn how to plan a healthy meal. Activity: Using what they have learnt so far, the children will be planning a healthy meal of their own. Working in groups, can they plan a healthy meal from the provided recipes? Can they make adaptations (to existing recipes) to make them more nutritious? Once the children are happy with their final recipe they can complete their plan ready to follow for next session. It could be the groups are assigned a starter, main or desert which then combine to create an overall healthy menu.</p>
4 and 5 (cooking and evaluation)	<p>Reconnection: Children to share plans. How did they use their knowledge of food groups and food labels to plan their menu? LO: Let's learn how to make a recipe. Activity: Children to make their recipe following their plan. Model different preparation techniques they may need to know e.g. dicing and folding before starting on the making process. Ensure children are aware of food safety practices and can explain the importance of them. If the children make adaptations to their recipe, ensure they jot them down as this will support them with the evaluation.</p> <p>What did you enjoy about your project?</p> <p>What challenges did you face? How did you overcome them?</p> <p>Did you make any changes? If so, why?</p> <p>What might I do differently if I were to do this project again?</p> <p>End of unit quiz</p>

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End points:

To know the importance of the main food groups and the different nutrients that are important for health.

To know the process of how food is grown and produced. To know techniques used to create different foods.

To know confidently how to plan a series of healthy meals based on the principles of a healthy and varied diet.